

The Healthy Cook

Roasted Ratatouille SERVES 4

- 1 pint cherry tomatoes, chopped
- 1 baby eggplant, chopped
- 1 small zucchini, chopped
- 1 onion, chopped
- 1 red or yellow bell pepper, chopped
- 3 Tbs. olive oil
- ¼ tsp. kosher salt

1. Preheat the oven to 450°F.
2. Toss all of the vegetables with the oil.
3. Roast on 2 large rimmed baking pans until tender, 15-25 min.
4. Season with the salt.



PER SERVING (¼ of the recipe): calories 130 | total fat 11 g | sat fat 1.5 g | carbs 10 g | fiber 4 g | total sugar 6 g | added sugar 0 g
protein 2 g | sodium 130 mg

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Zucchini "Butter"

MAKES 2 CUPS

- 2 lbs. grated zucchini
- ½ onion, minced
- ¼ cup olive oil
- ½ tsp. kosher salt

1. Sauté the zucchini and onion in the olive oil until spreadable, 10-12 minutes.
2. Season with the salt.
3. Enjoy on toast or pasta.



PER SERVING (¼ cup zucchini "butter"): calories 80 | total fat 7 g | sat fat 1 g | carbs 4 g | fiber 1 g | total sugar 3 g | added sugar 0 g
protein 1 g | sodium 130 mg