

CHUNKY RATATOUILLE

Ingredients:

1 large eggplant, cut into chunks
1 large onion, cut into chunks
1 large zucchini, cut into chunks
2 medium red peppers, seeded and cut into chunks
2 medium yellow peppers, seeded and cut into chunks
1 lb (450 g) cherry tomatoes (or large tomatoes, cut into 4)
4 garlic cloves, minced
6 Tbsp olive oil
Salt
Pepper
Fresh basil for garnish (optional)

Instructions:

- Preheat the oven to 475 F (240 C).
- In a small bowl, mix olive oil, garlic, salt and pepper.
- Marinate all the vegetables in the olive oil mix. Make sure the vegetables are coated evenly.
- Transfer the vegetables into a shallow ovenproof dish and put into the oven. Cook, uncovered, for 30 to 40 minutes. The vegetables should be tender and browned at the edges.
- Tear a few basil leaves for garnish.
- Enjoy with cooked millet or buckwheat.

Serves 4-6 people

Tip: for a *spicy* version of this recipe, add 2 tsp cumin seeds and 2 tsp crushed coriander seeds. For a *juicy* version, add one can (425 g) of crushed tomatoes in juice instead of fresh tomatoes. For a more *filling* version, add a can of beans or lentils 10 minutes before it is finished cooking.



Good to know

Fat is not all that bad! Fat has a lot of roles in our body, including insulation, aiding in the absorption of certain vitamins (i.e. vitamin A), brain function, and hormone regulation. Be sure to choose healthy fats more often, including olive oil, canola and soy bean oil. Limit your intake to 2-3 Tbsp a day.