



4
PORTIONS

Ratatouille-Style Sauce

Ingredients

PASTA

- 300 g pasta (whole wheat penne)

RATATOUILLE-STYLE SAUCE

- 2 tbsp (30 ml) vegetable oil
- ½ eggplant (about 2 cups), diced
- 1 small onion, chopped
- 2 small zucchini (1½ cup), diced
- 1½ red pepper (1½ cup), diced
- 1 garlic clove, chopped
- 4 ripe tomatoes (about 2 cups), diced
- ½ cup (125 ml) flat-leaf parsley, coarsely chopped
- Salt
- A pinch of Cayenne pepper
- ¼ cup (60 ml) grated or shaved parmesan cheese

YOU WILL NEED:

- large pot and lid
- strainer
- cutting boards
- knives
- baking sheet
- parchment paper
- set of measuring spoons
- set of measuring cups
- medium saucepan
- wooden spoon
- fine grater or microplane

Preparation

PASTA

- 1 Fill a large pot with salted water and bring to a boil.
- 2 Add pasta and cook uncovered, stirring occasionally. Cooking time varies according to the type of pasta; taste after a few minutes to check the cooking.
- 3 Drain with the strainer. **DO NOT RINSE THE PASTA!** If you do not serve the pasta right away, pour a dash of oil on it and stir; this will prevent it from sticking.

RATATOUILLE-STYLE SAUCE

- 4 Preheat the oven to 400 °F.
- 5 Line a baking sheet with parchment paper, add eggplant and drizzle with **1 tablespoon (15 ml) oil**.
- 6 Bake in the oven for 15 minutes. Set aside.
- 7 In a medium saucepan, **heat 1 tbsp (15 mL) oil** over medium-high heat and sauté onions, zucchini and peppers for a few minutes to lightly brown.
- 8 Reduce heat, add garlic, tomatoes and eggplant. Simmer for 10 minutes.
- 9 Add parsley, salt, cayenne pepper and mix.
- 10 Serve over pasta, with parmesan cheese.



CHEF'S TIP: The ratatouille sauce can easily be used to accompany a multitude of dishes! To prepare eggplants differently, sprinkle them with coarse salt and set aside for about 20 minutes to remove the excess water they contain. Rinse and pat dry to remove the salt. This way, they will absorb less fat during cooking.

DIETITIAN'S TIP: Crumble 1 block of tofu (454 g) in the sauce or serve with a pork tenderloin to make a complete meal. Freeze ratatouille for the winter months, when the vegetables it contains are no longer available locally.