

## RATATOUILLE WITH POLENTA

From the King County (Washington) Public Health Department  
<http://www.kingcounty.gov/healthServices/health/nutrition/recipes.aspx>

### **Ingredients**

- 1 16-oz. package refrigerated and cooked polenta
- 1 tablespoon olive oil
- 1 green bell pepper, seeded and chopped
- 1 red bell pepper, seeded and chopped
- 2 cloves garlic, minced
- 1 small onion, thinly sliced
- 1 small eggplant, cubed
- 1 yellow summer squash or zucchini, sliced
- 1 tomato, chopped
- 1 bay leaf
- 3 sprigs fresh thyme
- 3 tablespoons chopped fresh parsley

### **Instructions**

1. Prepare polenta according to package directions and set aside.
2. Heat oil in a medium sized saucepan over medium-high heat. Sauté green and red bell pepper, garlic and onions for 5 minutes, stirring often.
3. Stir in eggplant, squash, tomato, bay leaf, and thyme then cover and cook for 5-6 minutes or until vegetables are tender.
4. Stir in parsley, reduce heat to low and let stand for 1 minute.
5. Cut prepared polenta into rounds or wedges then place 1-2 pieces onto each plate. Spoon ratatouille onto polenta, add salt and pepper to taste, then serve.

Makes 4 servings

### **Nutrition information per serving (4 servings)**

Calories: 213

Calories from fat: 39

Total fat: 4g

Saturated fat: 1g

Cholesterol: 0mg

Sodium: 530mg

Total carbohydrate: 40g

Dietary fiber: 7 g

Sugars: 0g

Protein: 5g

Vitamin A: 50%

Vitamin C: 160%

Calcium: 4%

Iron: 15%

Percent Daily Values are based on a 2,000 calorie diet.



**Wellness Center**