

RATATOUILLE

Ingredients:

1 medium eggplant

1 small zucchini

1 medium onion

1 Tbsp vegetable oil

2 cups salsa or 1 (16-oz) jar salsa

1 lb spaghetti

Optional: grated parmesan cheese and black pepper



Directions:

Peel eggplant and wash zucchini. Cut them into $\frac{3}{4}$ -inch cubes. Chop onion. Heat oil in skillet. Add vegetables and sauté over medium heat for about 10 minutes or until vegetables are softened. Pour in salsa, stir and simmer covered over low heat for about 10 minutes. Add cheese and pepper to taste. Serve over one pound cooked spaghetti.

Makes 8 servings

Nutritional Info per serving: 250 calories, 1g fat, 0g sat fat, 240mg sodium, 4g fiber

Source: Sisters in Health