

Ratatouille Pasta Makes 4 servings

This dish is as flavorful as it is colorful and is a great way to use summer produce. Your child can help cut the peppers and tomatoes.

Ingredients

- 1 large eggplant, cut into 1-inch chunks
- 3 tablespoons olive oil
- 2 tablespoons capers or chopped green olives (optional)
- ½ teaspoon red pepper flakes
- 1 onion, diced into ½-inch pieces
- 1 zucchini, cut into 1-inch pieces
- 1 bell pepper (orange or red), cut into 1-inch pieces
- 12 ounces short whole wheat pasta, like rotini or penne
- 1 pint cherry tomatoes, halved, or 1 large tomato, cut into 1-inch pieces
- 2 garlic cloves, finely chopped
- 2 tablespoons lemon juice
- ¼ cup grated parmesan cheese (optional)
- ¼ cup fresh basil, roughly chopped



Photo: Daisybeet

Scan this code with
your phone's camera
for more recipes and
healthy eating tips



Directions

1. Line a large plate with paper towels and arrange the eggplant pieces on them in a single layer. Sprinkle the eggplant pieces with ½ teaspoon salt and let them sit for 20 minutes.
2. Use paper towels to gently squeeze and dry the eggplant pieces.
3. In a large pot, heat 1 tablespoon of oil over medium-high heat. Add half the eggplant and cook until browned and soft, 5 to 7 minutes. Transfer the eggplant to a plate lined with a paper towel. Repeat with the remaining eggplant pieces.
4. Add the remaining 1 tablespoon of olive oil to the pot. When the oil is hot, add the capers or olives and red pepper flakes and cook for 30 seconds. Add the onion, zucchini, and pepper and cook until soft and lightly browned, about 12 minutes.
5. In meantime, bring a large pot of water to a boil. Add 1 teaspoon salt and cook the pasta 2 minutes less than the package's directions. Save 1 cup of the cooking water, then drain the pasta and set aside.
6. Add the tomatoes and garlic to the pot with the vegetables and cook over medium heat until the tomatoes are soft, about 10 minutes. Add the eggplant to the pot, mix well, and cook until the vegetables are soft, about 5 more minutes.
7. Add the pasta and reserved cooking water to the pot and mix well. Turn the heat down to low and cook, stirring often, until the sauce has thickened, about 3 to 4 minutes.
8. Turn off the heat and mix in the lemon juice, cheese (if using), and basil. Serve warm.