



A TASTEFUL PLACE
AT THE DALLAS ARBORETUM

RECIPE

Hero Vegetable: **Eggplant**

Ratatouille

Ingredients:

1 lb eggplant, cubed
1 lb zucchini, large diced
16 oz fire roasted tomatoes, diced
1 lb onions, roughly chopped
4 bell peppers, roughly chopped
8-10 cloves garlic, sliced
2 cups water or broth
6 sprigs rosemary
1 small bunch fresh thyme
1 bay leaf
¼ cup oil
Salt and pepper to taste

Directions:

Tie the rosemary and thyme with butchers' twine, set aside.

In a Dutch oven, heat the oil over medium-high heat. Sauté zucchini until half cooked, shake off excess oil then transfer to a plate. Sauté the garlic slices until lightly browned then transfer to the plate of zucchini. Repeat the process for the eggplant. Sauté the bell peppers, and onion until onion is tender and transparent.

Add the fire roasted tomatoes and a sprinkle of salt and pepper to the peppers and onions. Cook down for 10 minutes. (You can use fresh tomatoes or even canned plum tomatoes for this recipe. You would just need to adjust the amount of water or broth if you are using fresh tomatoes.)

Add the tied herbs, water or broth and another sprinkle of salt and pepper. Cook over low-medium heat for 20 minutes. Add the zucchini, eggplant, and garlic. Cook for another 10 minutes. Serve as a stew, over rice, or as a side dish.