

MAIN OR SIDE DISH

Ratatouille

Makes 6 servings · ~1 cup each

SATIETY SCORE 3 / 5	NUTRITION HIGH
Per serving (approx.): Protein 2 g · Fiber 3 g · Calories 60	

Ingredients

- 1 clove garlic, minced
- 1 medium onion, coarsely chopped
- 3–4 small-to-medium zucchini, halved lengthwise and chopped into ½–¾-inch pieces
- ½ bell pepper, coarsely chopped
- 1 small can diced tomatoes
- 1 package fresh sliced mushrooms (optional)
- Salt and pepper to taste
- 1 tsp dried parsley
- 1 tsp dried oregano

Directions

1. In a nonstick skillet over medium heat, cook the garlic and onion 1–2 minutes.
2. Add the zucchini and bell pepper; cook until tender.
3. Add the tomatoes (and mushrooms, if using) and the spices; cook 5–10 minutes.

Note: Serve alone, or over whole-grain pasta as a main dish.

Ingredient tip: When a recipe uses a packaged or processed food, choose a version with five or fewer ingredients on the label.

Adapted from the *Body for God Cookbook* by Lisa Young.

Rating based on the NuStart Satiety & Nutrient Food Guide. Per-serving values are approximate and vary with brand, variety, and preparation.

GROCERY LIST

Ratatouille

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Check off what you need — items are grouped by store section.

PRODUCE

- ☐ 1 clove garlic
- ☐ 1 medium onion
- ☐ 3–4 small-to-medium zucchini lengthwise and into ½–¾-inch pieces
- ☐ ½ bell pepper
- ☐ 1 package fresh mushrooms

PANTRY & DRY GOODS

- ☐ 1 small can tomatoes

CHECK YOUR PANTRY

- ☐ Salt
- ☐ Black pepper
- ☐ Dried parsley
- ☐ Oregano