



Ratatouille

Fall Winter Spring Summer

NUTRITION INFORMATION

SERVING SIZE: ½ cup

Amount per Serving	
Calories	41 kcal
Protein	0.92 g
Carbohydrate	4.55 g
Total Fat	2.37 g
Saturated Fat	0.34 g
Cholesterol	0 mg
Vitamin A	273.20 IU
Vitamin C	14.13 mg
Iron	0.29 mg
Calcium	16.16 mg
Sodium	391.45 mg
Dietary Fiber	1.57 g

EQUIVALENTS: ½ cup provides ½ cup other vegetable.

Recipe HACCP Process: #2 Same Day Service

“It is always positive to purchase locally because it establishes a connection between school and community, and is an investment in our local economy.”

— LINDA WHEELOCK

Ratatouille • 50 servings (½ cup)

INGREDIENTS	WEIGHT	MEASURE	METHOD	NOTES
Eggplant	2 lb 8 oz		1 Trim and peel eggplant. Cut into 1-inch cubes.	You can use canned bell pepper strips in place of the fresh. Rinse and drain, then add them in Step 10.
Zucchini	1 lb 8 oz		2 Trim zucchini and cut into ½-inch cubes.	
Onions	1 lb 4 oz		3 Trim and peel onions. Cut into ¼-inch dice.	
Summer squash	1 lb		4 Trim summer squash and cut into ½-inch cubes.	
Red bell pepper	8 oz		5 Stem, core and seed peppers. Cut into ⅛-inch thick strips.	
Green bell pepper	8 oz			
Kosher salt	1 oz		6 Put the eggplant in a colander. Sprinkle with kosher salt. Let stand for 30 minutes. Rinse and drain thoroughly.	
Olive oil	4 oz		7 Heat oil in large skillet or steam kettle. Add the onions, eggplant and garlic. Cook, stirring occasionally, until tender, 10 to 12 minutes.	
Chopped garlic	2½ oz			
			8 Preheat convection oven to 350°F or conventional oven to 375°F.	
			9 Add the zucchini, squash and peppers to the pan. Cook, stirring occasionally, until most of the liquid is evaporated, 5 to 10 minutes.	
Diced tomatoes, canned (undrained)	1 lb 8 oz		10 Stir in tomatoes and their juice, salt, pepper, crushed red pepper, basil and oregano. Cook for 5 minutes.	
Table salt		1 Tbsp		
Ground black pepper		1½ tsp		
Crushed red pepper		¼ tsp		
Dried basil leaves	1 oz			
Dried oregano leaves		1 tsp		
			11 Divide between two 2-inch full hotel pans. Bake for 20 minutes.	