



# SPARTANBURG RATATOUILLE

SERVINGS: 50 CALORIES: 40 KCAL

This beautiful vegetable stew is full of squash, zucchini, onions, peppers, and tomatoes. Veggies are mixed with an Italian herb blend to create this colorful and flavorful side dish!

## INGREDIENTS

3 pounds 8 ounces Squash, summer, zucchini, includes skin, raw  
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 1 pound 4 ounces Onion, red, raw  
 1 pound Peppers, sweet, green, raw  
 1 pound Peppers, sweet, red, raw  
 1 pound 8 ounces Tomato, raw, red (including cherry tomato)  
 1/2 cup Oil, olive/canola blend (75/25)  
 1 tablespoon Garlic, granulated  
 1-1/2 teaspoon Salt, kosher  
 1-1/2 teaspoon Spices, pepper, black  
 1 tablespoon Seasoning, Italian shelf stable spice/herb blend  
 1/2 teaspoon Spice, pepper, red, crushed

## INSTRUCTIONS

1. Wash all produce. Large dice squash and zucchini. Cut peppers and onion into thin strips. (julienne) Keep cherry tomatoes whole.
2. Mix oil and spices together.
3. Place vegetables on a lined sheet pan in 1 layer. May need to use multiple sheet pans.
4. Pour oil mixture over chopped vegetables and toss until evenly coated.
5. Roast in 375 degree oven until tomatoes pop and other vegetables start to caramelize (brown). Place in 2 inch full pan and hold at 135 until time of service.

## RECIPE NOTES

**Crediting: 1/2 cup provides 1/2 cup vegetables**

## NUTRITION FACTS PER SERVING (0.5CUP)

Calories: 40 kcal | Fat: 2 g | Saturated fat: 0.2 g | Cholesterol: 1 mg | Sodium: 71 mg | Carbohydrates: 4 g | Fiber: 1 g | Sugar: 0.3 g | Protein: 1 g | Calcium: 140 %

*This recipe has not been tested or standardized by Healthy School Recipes. The outcome, allergen information, and nutrient data may vary depending on the specific ingredients and equipment used in your location.*