

✿ Ratatouille ✿

from Harmony at Nourishing Nirvana



Ingredients

- 2 medium green zucchini
- 2 medium yellow squash
- 4 medium Chinese eggplant (I found 2 different color varieties, one very dark purple and one that was a beautiful almost magenta color—see photo below)
- 3 small tomatoes (Roma is best but I couldn't find them so I just found some small ones that worked)
- 2 small red bell peppers
- about 10 very small cherry tomatoes (actually I found some that are even smaller at the Farmer's Market called "spoon tomatoes"—so cute!)
- 1 26-oz. jar of your favorite tomato sauce (low or no oil/salt)

Method

1. I used a cast iron skillet but you can use any round baking vessel, such as a casserole dish or even a deep dish pie plate would work.

2. Lightly spray-oil the pan or skillet and spread half of the sauce in the bottom.
3. Slice all the veggies thin (about ¼” or so).
4. Arrange the veggies in a spiral pattern starting at the outside and working in.
5. Top with the remaining sauce and the cherry tomatoes.
6. Add love! 💕
7. Cover loosely with foil.
8. Bake at 350° F for one hour.

That’s it! Easy peasy and oh so beautiful. Enjoy!