



Greenmarket Affordable Meals Series

Quick and easy dishes from our market using the freshest seasonal ingredients, all for under \$5 per person

Natural Gourmet Institute

RATATOUILLE

RECIPE BY NATURAL GOURMET INSTITUTE

Prep: 10 minutes
Cook: 50 minutes
Total Time: 35 minutes

Yield: 4 Servings
Level: Easy
Approx. Market Cost: \$10.80

INGREDIENTS	MARKET AVAILABILITY	PRICE (APPROXIMATE)
1/2 cup extra virgin olive oil	<i>Pantry Item</i>	-----
1/2 onion, diced	Mon, Wed, Fri, Sat	\$1.00
2 teaspoons sea salt	<i>Pantry Item</i>	-----
1/2 pound eggplant, cut into 1-inch dice	Mon, Wed, Fri, Sat	\$1.50
1/2 pound bell peppers, diced	Mon, Wed, Fri, Sat	\$2.00
1/2 pound tomatoes, diced	Mon, Wed, Fri, Sat	\$1.00
5 cloves garlic, thinly sliced	Mon, Wed, Fri, Sat	(whole bulb) \$0.30
2 sprigs fresh thyme	Mon, Wed, Fri, Sat	\$1.00
1/2 pound zucchini, quartered	Mon, Wed, Fri, Sat	\$2.00
1 ounce basil leaves, torn	Mon, Wed, Fri, Sat	\$2.00
	Total Price:	\$10.80

**Item available seasonally at your local Greenmarket. Prices and product availability are subject to change based on producer and seasonality.*

Directions:

1. Warm the olive in a large pot over medium-low heat. Add onions and salt and sauté for 10 minutes until softened; do not brown. Add tomatoes, bell peppers, and garlic.
2. Raise the heat and bring to a boil. Add the eggplant. Lower the heat to maintain a steady simmer. Cook for 25 minutes; add the zucchini. Continue to simmer, partially covered, until zucchini is cooked.
3. Season with additional salt and pepper to taste. Allow the ratatouille to stand until cool.

For over 40 years GrowNYC's Greenmarket staff, volunteers and farmers have been working together to promote regional agriculture, preserve farmland and ensure a continuing supply of fresh, local produce for all New Yorkers. To learn more about GrowNYC's Greenmarket, gardening, recycling and education programs, visit www.growNYC.org.

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4. Garnish with fresh basil leaves. For best results, serve at room temperature. Optional: serve over fresh pasta or with chicken.



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