During the summer we harvest all kinds of vegetables from our Farm. We are always trying to find tasty and fun ways to get the children to try new things. We always have plenty of bell peppers, summer squash and zucchini which taste so delicious when the are freshly picked! So, how do we get the children to eat them, well that's where ratatouille comes in. Ratatouille, is a classical stewed vegetable dish that stirs up a great mix of fresh ingredients! It's a dish you can really customize with your favorite vegetables and herbs.

Ratatouille

- Makes 6 servings

Ingredients

- 2 cups Summer Squash or Zucchini medium to large diced
- 3/4 cup Green and Red Bell peppers medium diced
- 1 cup Eggplant medium to large diced
- 1 ½ cup Tomatoes (fresh) medium diced, (if using canned, 1 cup will do)
- ½ cup Onions medium diced
- 2 Tbsp Garlic minced
- 1 Tbsp Basil dried, or ¼ cup fresh roughly chopped
- 1 tsp Thyme
- 1 tsp Marjoram or Oregano dried, or 2 Tbsp fresh roughly chopped
- 2 Bay leaves
- Salt and pepper to taste

Preparation

1. Cut and prep all of the vegetables and herbs while keeping them separated
2. Saute the onions on medium heat until they are slightly translucent
3. Add the garlic and dried herbs (add fresh herbs later) and saute for 1-2 minutes
   Do not burn the garlic and herbs! Just cook lightly on low to medium heat
4. Add the eggplant and bell peppers and cook for 2-4 minutes until they soften
5. Add the squash or zucchini and the tomatoes next, along with the fresh herbs (if used)
6. Continue to stew all of the ingredients on a low heat for up to 20 minutes or longer depended on how cooked you prefer your vegetables, add salt and pepper to taste

Tips

This dish goes great with roast chicken or grilled salmon. It's a great vegetarian side dish to take to a potluck as well. You can try roasting your vegetables separately and then combining them for a more complex flavor. You can always use more herbs to add extra flavor. A little parmesan or more fresh herbs are a tasty garnish to add, enjoy!