



Heart & Home
Wellness Table Series



**Ronald McDonald
House Charities**
Central Ohio

Roasted Ratatouille

Ratatouille is a traditional French vegetable-based dish, packed with nutrients.

Cook Time: 35 mins | Servings: 4



NUTRITION NOTES

- Naturally flavorful and aromatic, **red onion** is rich in antioxidants—especially quercetin—that may support heart health and reduce inflammation. It also provides small amounts of vitamin C and fiber, which aid immune function and digestive health.
- Low in calories and high in fiber, **eggplant** contains anthocyanins like nasunin, a powerful antioxidant that may help protect cells from damage. It also supports digestive health and contributes to satiety, making it a great choice for balanced meals.
- Light and hydrating, **yellow squash** is a good source of vitamin C, manganese, and fiber. Its high water content supports hydration, while its antioxidants help combat inflammation and oxidative stress.
- A concentrated source of flavor, **dried basil** contains essential oils and antioxidants that support immune health. It also provides small amounts of vitamin K, iron, and calcium, contributing to bone and blood health.

Roasted Ratatouille

Printing
Courtesy of:



INGREDIENTS

- 1 small red onion
- 2 medium cloves garlic
- 1 small eggplant
- 1 medium zucchini
- 1 medium yellow squash
- 1 large tomato
- 3 tablespoons canola oil
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- Cooking spray

INSTRUCTIONS

1. Preheat oven to 425°F.
2. Rinse and peel onion. Peel garlic. Rinse eggplant, zucchini, squash and tomato.
3. Dice onion and eggplant into ½-inch pieces. Slice zucchini and squash into ½-inch slices. Slice tomatoes into ½-inch slices Using a see-saw cut method. Mince garlic.
4. In a medium bowl, add onion, eggplant, zucchini, squash, garlic, oil, basil, oregano, salt and black pepper. Toss until veggies are well coated.
5. Coat baking sheet with non-stick cooking spray. Place slices veggies in an alternating color pattern of choice without tomatoes, in a single layer so they do not touch. Bake for 20 minutes. Remove from oven.
6. Add tomato to baking sheet. Return baking sheet to oven. Bake, stirring occasionally, until veggies are golden crisp, about 15 to 20 minutes more.

Nutrition Profile: Lean Protein | Low-Saturated Fat | Moderate-Sodium | Antioxidant-Rich | Plant-Forward | Good Source of Fiber

NUTRITION FACTS *(per serving)*

Servings Per Recipe: 6 | Serving Size: 1¹/₂ | Calories: 160

- Total Fat: 11g
- Saturated Fat: 1g
- Trans Fat: 0g
- Cholesterol: 0mg
- Sodium: 160mg
- Total Carbohydrate: 14g
- Dietary Fiber: 6g
- Sugars: 7g
- Protein: 3g
- Vitamin A: 15%
- Vitamin C: 45%
- Calcium: 6%
- Iron: 6%

**Nutrition information provided directly by Eat Right and reflects values listed at the time of publication. Recipe sourced from: www.eatright.org*