

RECIPE of the MONTH



Roasted Vegetable Ratatouille

INGREDIENTS:

1 Eggplant, diced large
1 Zucchini, diced large
1 Yellow Squash, diced large
1 pint Cherry Tomatoes
3 cloves Garlic, minced
4-6 leaves Basil, torn
3 tablespoons Olive Oil
Sea Salt and Fresh Ground Pepper, to taste

INSTRUCTIONS:

Preheat oven to 425°. Add the cherry tomatoes, 1 tablespoon olive oil, and salt and pepper to a baking pan, mix to coat and set aside. In a separate baking pan, add all the remaining ingredients, 1 to 2 tablespoons of olive oil, and salt and pepper. Do not add basil. Place both pans in the oven for about 15 minutes, or until desired tenderness.

Remove the pans and combine ingredients into 1 bowl. Add torn basil leaves. Serve as a side or as an entrée over brown rice.

SEPTEMBER

