

Blue is Better Recipe (Serves 4) Sun-Dried Tomato Tatatouille

Ingredients

- 1 medium eggplant, peeled & diced
- 1 c. sun-dried tomato (not oil packed)
- 2 medium zucchini, sliced
- 2 red or green bell peppers, sliced
- 3 yellow onions, peeled & diced
- 6 garlic cloves, chopped
- 1 c. vegetable broth
- 3 sprigs fresh basil, chopped

Preparation Instructions

1. Place eggplant cubes in a large bowl of water. Slice tomatoes in half. Drain eggplant.
2. Cook zucchini, peppers, tomatoes, eggplant, onions & garlic in vegetable broth 3-4 minutes or until peppers are tender. Season to taste with pepper. Top vegetables with fresh basil.



NUTRITION FACTS

Serving Size

1 1/2 c.

Amount Per Serving:

Calories	137
Calories from Fat.....	9
Total Fat	1 g
Saturated Fat.....	<2 g
Cholesterol	<300 mg
Sodium	402 mg
Carbohydrate	30 g
Dietary Fiber.....	9 g
Protein6 g