

## Ratatouille and Lentil Stew

1½ cups	eggplant, diced	¾ cup	red bell pepper, diced
1½ cups	zucchini, diced	2 cloves	garlic, minced
¾ cups	lentils, dry	1½ cups	tomatoes, diced
1/8 tsp	salt, to taste	1/8 tsp	fresh thyme, chopped
2¼ tsp	extra virgin Olive Oil	2¼ Tbsp	Italian parsley, chopped
¾ cup	Spanish onions, diced	1/8 tsp	ground pepper, coarse ground, to taste



### Procedure

- 1 Cook the lentils and add at the end. Cook on low heat, oil and onions, then add zucchini, eggplant, then pepper, garlic, then tomato, parsley and simmer for about 20 minutes on low Season and serve.

Servings: 6

Yield: ½ cup serving

### Nutrition Facts

Serving size: 1/6 of a recipe (5.5 ounces).

Amount Per Serving	
<b>Calories</b>	131.83
Calories From Fat (15%)	19.76
	% Daily Value
<b>Total Fat</b> 2.24g	3%
Saturated Fat 0.33g	2%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 57.3mg	2%
<b>Potassium</b> 529.78mg	15%
<b>Total Carbohydrates</b> 21.35g	7%
Fiber 9.45g	38%
Sugar 4.52g	
<b>Protein</b> 7.61g	15%

### Recipe Type

Vegetables

FredFit

Opening Dinner