



DINNER TONIGHT: BUDGET FRIENDLY

One-Pan Ratatouille with Chickpeas



FUN

Everyone at the table picks a person they would invite to dinner and explains why.



CONVERSATION

If you were writing an article about your day, what would the headline be?





One-Pan Ratatouille with Chickpeas

Recipe courtesy of NuCook



Ingredients *Serves 4-6*

- 1 pound eggplant cut into 1-inch pieces
- 12 ounces yellow summer squash, cut into 1-inch pieces
- 2 red bell peppers, stemmed, seeded, and cut into 1-inch pieces
- 10 ounces grape tomatoes or 12 ounces cherry tomatoes
- 3 shallots, sliced thin
- 3 garlic cloves, sliced thin
- 2 tablespoons extra-virgin olive oil
- Salt and pepper
- 1 can low sodium chickpeas, rinsed and drained
- 2 teaspoons fresh thyme or 1 tsp dried
- Zest from one lemon
- ½ cup pitted kalamata olives, halved
- ¼ cup thinly sliced fresh basil

Instructions

- Adjust oven rack to middle position and heat oven to 450 degrees. Toss eggplant, squash, bell peppers, tomatoes, shallots, oil, garlic, chickpeas, thyme and 1 teaspoon salt, and 1 teaspoon pepper together on a rimmed baking sheet and spread into an even layer. Roast until vegetables are slightly softened and charred in spots, about 30 minutes, stirring halfway through roasting.
- Remove sheet pan from oven. Stir olives, lemon zest and half of basil into vegetables, transfer to a platter. Sprinkle with remaining basil and serve.

You can substitute zucchini for summer squash, green pepper for red pepper, red onion or yellow onion for shallots. Use a heavyweight rimmed baking sheet; flimsy sheets will warp. You can serve this over short grain brown rice, whole grain pasta or with some crusty whole grain bread.