

OVEN ROASTED RATATOUILLE

Oven roasted ratatouille combines all of summer's delicious vegetables into one rich, flavorful, and beautiful side dish.

AUTHOR: Beth - Budget Bytes

SERVINGS $\frac{3}{4}$ cup each

PREP 20 mins

COOK 45 mins

TOTAL 1 hr 5 mins

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INGREDIENTS

- 1 cup marinara sauce (\$0.50)
- 1 yellow onion (\$0.25)
- 1 eggplant (about 1 lb.) (\$1.49)
- 1 zucchini (about ½ lb.) (\$0.71)
- 1 yellow squash (about ½ lb.) (\$0.55)
- 3 Roma tomatoes (\$0.87)
- 1 Tbsp olive oil (\$0.16)
- ½ tsp dried basil (\$0.05)
- ½ tsp dried oregano (\$0.05)
- ⅛ tsp Freshly cracked black pepper (\$0.01)
- ⅛ tsp salt (\$0.01)
- 1 cup shredded mozzarella (\$0.94)
- 1 Tbsp chopped parsley (optional) (\$0.09)

INSTRUCTIONS

1. Preheat the oven to 400°F. Thinly slice the yellow onion. Slice the eggplant, zucchini, yellow squash, and tomatoes into 1/8-inch thick slices. Cut any pieces with a larger diameter into half-rounds.
2. Pour the marinara in the bottom of a large casserole dish. Sprinkle the sliced onions over top.
3. Begin to line up the sliced eggplant, zucchini, squash, and tomatoes into the dish, standing on their sides, and in an alternating pattern until all of the pieces are used up. Drizzle the olive oil over the vegetables, then sprinkle the basil, oregano, salt, and pepper over top.
4. Transfer the dish to the oven and roast the vegetables for 40 minutes. After 40 minutes, remove the dish from the oven and sprinkle the shredded mozzarella over top. Return the casserole dish to the oven for five minutes, or until the cheese is melted and creamy.
5. After roasting, sprinkle the chopped parsley over top, then serve.

NUTRITION

Serving: 1

ServingCalories: 99kcal

Carbohydrates: 9g

Protein: 5g

Fat: 5g

Sodium: 291mg

Fiber: 3g

Nutritional values are estimates only.

Source: Oven Roasted Ratatouille. (2021, Jul 8). Budget Bytes. Retrieved October 15, 2022 from <https://www.budgetbytes.com/oven-roasted-ratatouille/>