

Featured Ingredient... Zucchini



RATATOUILLE

Recipe from Carla Burke, RD

INGREDIENTS

- 3 tablespoons olive oil
- 3 cloves garlic
- ½ small onion
- 14 ounces crushed tomatoes
- 1 lb 90/10 ground beef
- 1 teaspoon dried basil
- ¼ teaspoon dried thyme leaves
- 2 teaspoons dried parsley
- 1 small, thin eggplant
- 1 large zucchini
- 3 roma tomatoes
- 1.5 teaspoon salt
- 8 oz spaghetti
- 2 Tbs butter

DIRECTIONS

1. Preheat the oven to 375°F.
2. Chop onions and mince garlic. In a large skillet, cook down onions with 2 Tbs olive oil over medium heat. Add ground beef and brown until all the way cooked. Add in garlic and stir around for 30-60 seconds to avoid it from burning.
3. Stir in the crushed tomatoes, 1 tsp of the salt, basil, thyme, & parsley and simmer uncovered for 15 minutes or until thickened. Taste and season with salt and pepper.
4. Meanwhile, slice zucchini, eggplant, and tomatoes to ½-inch thickness. You can use a mandolin if you have one.
5. Add the meat sauce to the bottom of a baking dish. Starting with the outer edge, arrange the sliced vegetables standing up on their sides over the sauce. Brush with remaining olive oil and sprinkle over remaining salt.
6. Cover and bake for 30 minutes. Uncover and bake for an additional 15 minutes or until vegetables are tender. While the vegetables are roasting, cook spaghetti to package instructions, then stir while warm with additional butter to avoid sticking.
7. Serve ratatouille over pasta noodles.

Adjust this recipe to meet your goals may making these modifications to the ingredients:

WEIGHT GAIN

Use 1.5 lb ground beef and 12 oz pasta and add 2 Tbs olive oil to meat sauce.

WEIGHT LOSS

Use half the amount of butter and olive oil. Decrease to 6 oz dry pasta.

SPORTS PERFORMANCE

Use 1.5 lb ground beef and 16 oz pasta.