

Broiled Ratatouille Pasta



Ratatouille is a classic French dish that highlights summer vegetables. This fiber-rich ratatouille-inspired pasta salad can be served as a side dish or as a delicious vegetarian main.

YIELD	PREP TIME	TOTAL TIME
6 SERVINGS	15 MIN	30 MIN

INGREDIENTS

For the Vegetables:

1 each	Eggplant, large dice
1 each	Zucchini, large dice
1 each	Red Bell Pepper, large dice
¼ cup	Olive oil
3 Tbsp	Balsamic Vinegar
½ tsp	Italian Seasoning
¼ tsp	Kosher Salt
To Taste	Black Pepper

For the Pasta:

8 oz	Whole Wheat Penne Pasta
¼ cup	Extra Virgin Olive Oil
2 Tbsp	Balsamic Vinegar
1½ tsp	Dijon Mustard
1 tsp	Honey
½ tsp	Garlic Powder
½ tsp	Thyme, dried
¼ tsp	Kosher Salt
To Taste	Black Pepper
1 (15oz) can	Cannellini Beans, low sodium, drained and rinsed
2 oz	Feta Cheese, crumbled (¼ cup)
1 cup	Basil, fresh, chiffonade

CHEF'S NOTES

To use the broiler, set your oven to broil mode, and then, if your oven is electric, place an oven rack in the top slot. If your oven is gas, place tray directly under flame (possibly in the broiler drawer) to roast vegetables to desired texture. You can also grill the vegetables if you prefer.

Ratatouille traditionally includes eggplant, zucchini, bell peppers, onions, tomatoes, and garlic. Feel free to customize this dish to use your favorite summer produce that's available at the farmer's market.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. Bring a large pot of water to a boil. Add pasta and cook until al dente – about 9 minutes. Drain pasta and set aside to cool.
3. Meanwhile, in a small bowl, make the marinade by combining the ¼ cup olive oil, 3 Tbsp balsamic vinegar, 1/2 tsp Italian seasoning, ¼ tsp salt, and pepper to taste and stir to combine.

4. Place the diced eggplant, zucchini, and red bell pepper in a large bowl. Drizzle the marinade over the vegetables and mix so that the vegetables are evenly coated.
5. Transfer the vegetables to an unlined baking sheet and place under broiler until golden brown and soft, stirring occasionally, about 7-10 minutes. Keep an eye on the vegetables as they can go from lightly brown to burnt quickly. Once the vegetables are cooked to desired doneness, remove pan from broiler and allow to cool.
6. Make the dressing for the pasta: In a large bowl, combine ¼ cup extra virgin olive oil, 2 Tbsp balsamic vinegar, 1 ½ tsp Dijon mustard, 1 tsp honey, ½ tsp garlic powder, ½ tsp thyme, ¼ tsp salt, and pepper to taste. Whisk to combine.
7. Add the cooked pasta, broiled vegetables, white beans, feta, and basil to dressing. Mix well to combine. Serve chilled or at room temperature.

Nutrition Facts	
6 servings per container	
Serving size	1 1/2 cups (306g)
Amount Per Serving	
Calories	430
% Daily Value*	
Total Fat 21g	27%
Saturated Fat 3g	15%
<i>Trans</i> Fat 0g	
Cholesterol 5mg	2%
Sodium 380mg	17%
Total Carbohydrate 50g	18%
Dietary Fiber 10g	36%
Total Sugars 8g	
Includes <1g Added Sugars	2%
Protein 12g	24%
Vitamin D 0mcg	0%
Calcium 100mg	8%
Iron 3.4mg	20%
Potassium 740mg	15%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

CONTAINS: MILK, WHEAT

Recipe adapted from Epicurious "Grilled Ratatouille Pasta Salad," (7.24.2018)



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