



# Ratatouille Dip



1/10th of recipe (about 1/3 cup): 50 calories, 2g total fat (<0.5g sat. fat), 166mg sodium, 7.5g carbs, 2g fiber, 3.5g sugars, 1.5g protein

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**Prep:** 10 minutes    **Cook:** 45 minutes



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## Ingredients

- 3 cups (about 1 medium-large) peeled and cubed eggplant
- 1 cup roughly chopped mushrooms
- 1 cup chopped onion
- 1/2 cup chopped green bell pepper
- 1 tbsp. olive oil
- One 6-oz. can tomato paste
- 1/3 cup chopped green olives
- 2 tbsp. white wine vinegar
- 1 tbsp. chopped garlic
- 1/2 tsp. Italian seasoning
- 1/2 tsp. salt

## Directions

Bring a large skillet sprayed with nonstick spray to medium heat. Add eggplant, mushrooms, onion, pepper, and oil. Cook and stir until mostly softened, 8 - 10 minutes.

Reduce heat to low. Add all remaining ingredients. Add 1/2 cup water, and stir until uniform.

Cover and cook for 30 minutes, or until veggies have softened, liquid has reduced, and mixture has thickened.

Serve hot, warm, or chilled.

### MAKES 10 SERVINGS

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