



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

Blue Plan (Freestyle™) SmartPoints® value 1*

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



Tagged: [Recipes for Sides, Starters & Snacks](#), [Vegetarian Recipes](#), [Four or More Servings](#)

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

SmartPoints® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints®** values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The **SmartPoints®** values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints®** trademark.