

All About... LIFEWORKS!

Ratatouille

Serve: 4 pax



INGREDIENTS	NUTRITIONAL INFORMATION (per serving)	
<ul style="list-style-type: none"> • 350ml pasta sauce - “Lower in Salt” Healthier Choice Symbol • ½ onion, chopped • 1 medium eggplant, thinly sliced • 1 green zucchini, thinly sliced • 1 yellow bell pepper, thinly sliced • 3 tomatoes, thin sliced • 2 tablespoons of olive oil • 1 tablespoon of thyme <p>Additional:</p> <ul style="list-style-type: none"> • Cracked black pepper for taste • 4 garlic, chopped 	Energy (kcal)	170
	Carbohydrate (g)	14.7
	Protein (g)	5.0
	Fat (g)	14.0
	<ul style="list-style-type: none"> • Saturated Fat (g) 	2.1
	<ul style="list-style-type: none"> • Polyunsaturated Fat (g) 	>0.8
	<ul style="list-style-type: none"> • Monounsaturated Fat (g) 	>9.6
	Cholesterol (mg)	0
	Dietary Fibre (g)	7.2
	Sodium (mg)	258
	Potassium (mg)	>669
Phosphate (mg)	>9.3	

METHODS

1. Preheat the oven to 190°C.
2. Pour pasta sauce into a 11 x 8” baking dish. Sprinkle chopped onion and mix until thoroughly combined.
3. Arrange alternating slices of eggplant, zucchini, yellow bell pepper & tomatoes by starting at the outer edge of the baking dish and work across horizontally. Form 3 lines of vegetables.
4. Drizzle with olive oil and sprinkle with thyme leaves.
5. Cover vegetables with a piece of parchment paper cut to fit the dish.
6. Bake for 45 minutes or until the vegetables are roasted and tender. Serve hot.

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