

Sheet Pan Ratatouille

Nutritional Highlights

- This ratatouille is a great way to use up some summer vegetables in a unique way
- Eggplant is rich in anthocyanins, a powerful group of antioxidants

Servings: 8

Ingredients

- 1 medium eggplant, cut into 1" cubes
- 1 red bell pepper, cut into 1" pieces
- 1 summer squash, cut into 1" cubes
- 1 small red onion, cut into 1" pieces
- 1 1/2 cups cherry tomatoes
- 3 Tbsp canola oil
- 1/2 tsp salt
- 1/4 tsp freshly ground black pepper
- 2 Tbsp capers
- 1 Tbsp red wine vinegar
- 1 Tbsp honey
- 1/4 cup pine nuts

Directions

- Preheat oven to 425F and line two baking sheets with parchment paper.
- In a large bowl, toss eggplant, squash, red onion, tomatoes, oil, salt, and pepper.
- Divide vegetables onto the baking sheets, spreading into a single layer.
- Roast for 25-30 minutes, tossing halfway through, until vegetables are tender and start to brown.
- While vegetables are roasting, quickly add the pine nuts to a saucepan on medium heat. Stir frequently and toast until fragrant.
- Once cooked, add the roasted vegetables to a bowl and mix in the capers, vinegar, honey, and pine nuts.