

Skill level

Easy - good for all cooks

Intermediate - practice some new techniques

Time required

Quick - 15 minutes or less

Moderate - 30 minutes or less

Extra ingredients

Few - primarily MoGro Weekly Share items

Several - 3-5 additional items you might have on hand

Skill level: Intermediate
Time required: Moderate
Extra ingredients: Several



Ratatouille

Ingredients

1 large eggplant, cut into 1/3 in. cubes
6 tablespoons olive oil
2 medium zucchini, cut into 1/3 in cubes
1 medium yellow onion, chopped
1 bell pepper, diced 1/4 in pieces
5 garlic cloves, chopped

5 vine-ripened tomatoes, cut into 1/3 in cubes
1 tablespoon tomato paste
2 teaspoons fresh chopped thyme
3/4 teaspoon sugar
1/4 teaspoon crushed red pepper flakes (optional)
3 tablespoons fresh chopped basil

Directions

- 1) Heat oil in large pan over medium heat. Add eggplant, season with 1/4 tsp. salt. Stir frequently until soft & brown. Transfer to plate & set aside.
- 2) Repeat step 1 in same pan (no need to wash) with zucchini.
- 3) Add 2 more tablespoons of oil to the pan and saute onion and pepper. Stir frequently for about 5 minutes. Add garlic, cook until fragrant. Add tomatoes, tomato paste, thyme, sugar, red pepper, 3/4 tsp. salt. Stir occasionally for 10 minutes. Add cooked eggplant and zucchini and simmer for 10 minutes uncovered. Sprinkle with fresh thyme & basil. Serve with warm, crisp bread, over pasta, or enjoy by itself!

Peeling and Preparing Jicama



Start by rinsing your jicama.



Using a knife or vegetable peeler, carefully remove the brown skin from the outside of the jicama.



Slice the jicama into 1/4 - 1/8 inch circles and then into sticks.



Jicama sticks with chile & lime

1 Jicama
1 teaspoon red chile powder (optional)
1 lime

- 1) Prepare the jicama according to the steps above.
- 2) Arrange on a plate and sprinkle with juice of 1 lime and chile powder to taste.