This recipe was inspired by the Venetucci Farm in Colorado Springs. To learn about the impact of this farm on sport nutrition graduate students visit: www.uccs.edu/swell

Ratatouille

TrueSport®

SUMMER FLAVORS FROM FRANCE!

Ratatouille is a traditional dish from southern France and full of summer flavors!

Ratatouille combines eggplant, tomatoes, onions, bell peppers, zucchini, garlic, and herbs - all slowly simmered in olive oil. It can be served hot, cold, or at room temperature, either as a main dish, side dish, or appetizer with bread or crackers.

Here we pair it with Colorado quinoa and lentils to make this dish a summer favorite. Add a grilled piece of wild fish for a special occasion, but you can also enjoy this dish meatless.

INGREDIENTS

- 1/2 cup lentils
- 1/2 cup quinoa
- 2 cups water
- 2 medium-sized summer squash, sliced in thin rounds
- 2 medium-sized eggplant, sliced in thin rounds
- 2 red Corno de Torio peppers, sliced in thin strips

- 2 medium-sized onions, sliced in thin rounds
- 5 medium-sized tomatoes, sliced in thin rounds
- 10 garlic cloves, minced
- 4 sprigs fresh rosemary, chopped
- 1 bunch fresh oregano, chopped
- 10 Tbsp plus 2 tsp olive oil
- Salt and black pepper to taste

Pueblo Pesto:
- 3 garlic cloves, minced
- Handful basil leaves
- 3/4 cup olive oil
- Chile flakes to taste
- Salt to taste

DIRECTIONS

Ratatouille:

1. With a mandolin slicer or sharp knife, slice all vegetables. Add all ingredients with olive oil, herbs, and peppers into a cast iron skillet with lid and slow roast for 1.5 hours at 275F.
2. Add the lentils to a small sauce pan, then add the quinoa to a separate sauce pan.
3. Split the water between the two sauce pans and cook over medium heat until quinoa is fluffy, and lentils are el dente.
4. Add 1 teaspoon of olive oil and a pinch each of salt and pepper to the quinoa and lentils.

Pueblo Pesto:

1. In a food processor, add all of the Pueblo Pesto ingredients and pulse until smooth. Adjust the seasoning to your preference.

2. When the ratatouille is cooked all of the way through, top with the Pueblo Pesto and serve warm with the lentils and quinoa.

This recipe can be made: Vegan, Gluten-free, Dairy-free, Nut-free

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