



# Ratatouille with White Beans (Vegan, Gluten-Free)

*Serving Size:* 1 serving   *Calories:* 165   *Sugar:* 3.5 g   *Sodium:* 192 mg

*Fat:* 10 g   *Saturated Fat:* 1 g   *Carbohydrates:* 18 g   *Fiber:* 7 g

*Protein:* 5 g   *Cholesterol:* 0 mg

**Yield: 4 servings** 1x

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## Ingredients

- 1 tablespoon olive oil
- 3 cloves garlic, minced
- 1 small onion, sliced
- 1 small zucchini, sliced
- 1 small eggplant, sliced
- 1 14.5-ounce can diced tomatoes (may use 2 cups fresh, chopped tomatoes)
- 1 15-ounce can white beans, drained and rinsed well (or 2 cups cooked)
- 1/2 cup olives, drained
- 2 teaspoons fresh chopped or dried oregano
- 1/4 cup pine nuts
- Salt and pepper to taste (optional)

## Instructions

1. In a large saucepan, heat olive oil. Add garlic, onion, zucchini, and eggplant, and sauté for about 8 minutes.
2. Add tomatoes, white beans, olives, and oregano, stir well, and cover. Continue to cook for about 10 minutes (longer if using fresh tomatoes), stirring occasionally, until vegetables are tender, and mixture is thick and bubbly.
3. Season with salt (optional) and pepper to taste. Garnish with pine nuts.