

Quick-Cooking Ratatouille

Ingredients:

1/3 cup olive oil
1 yellow bell pepper, cored, seeded, and coarsely chopped
5 scallions, cut into 1/2-inch pieces
1 small aubergine, peeled and cut into 3/4-inch chunks
1 medium corgette, thinly sliced
2 cups cherry tomatoes (about 16), quartered
1 large clove garlic, chopped
1 teaspoon chopped fresh thyme leaves
1 Tablespoon balsamic vinegar; more to taste
Salt and freshly ground black pepper to taste



In a large, heavy-based skillet, heat about 2 Tbs. of the olive oil over high heat. Add the bell pepper and scallions and sauté until lightly browned, about 4 min. Add the remaining oil and the aubergine.. Reduce the heat to medium high and sauté the aubergine until just barely tender, about 4 min. Add the corgette. Continue cooking, stirring often, until all the vegetables are tender, about 5 min. Stir in the tomatoes, garlic, and thyme. Cook until the tomatoes are just heated through, about 1 min. Remove from the heat. Sprinkle the vegetables with the balsamic vinegar, salt, and pepper. Serve warm.

Serves 4. 6 net grams of carbohydrate per serving.