

# Simple Veggie Ratatouille

106 cal - 7g net carbs per serving

(746 cal - 55.9g net carbs in total recipe)

Servings: 8



Low Carbe Diem

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- 1 cup crushed tomatoes
- 3 tbsp extra virgin olive oil
- 1/4 tsp apple cider vinegar
- 2 tsp minced garlic
- 4 sprigs thyme (1 to 1 1/2 tsp dried), plus more for garnish
- 1/4 tsp sea salt
- 1/2 tsp black pepper, freshly ground
- 1/4 tsp chili powder
- 1 med sweet or red onion, thinly sliced
- 1 lg zucchini (about 1 1/2 cups), thinly sliced
- 1 lg yellow squash, thinly sliced
- 1 lg eggplant (about 2 1/2 cups), thinly sliced
- 3 lg Roma tomatoes, thinly sliced
- 1/2 cup fresh Parmesan cheese, shredded

## DIRECTIONS

Preheat oven to 350 F. Grease a baking dish and set aside.

In a bowl, mix together crushed tomatoes, olive oil and apple cider vinegar. Gently stir in the garlic, thyme, sea salt, ground pepper and chili powder.

Pour tomato mixture into the baking dish, forming an even bottom layer.

Stack the veggie slices upright in the dish, alternating by color (for example: onion, zucchini, eggplant, tomato, squash).

Form long rows of veggie slices, filling the pan. Sprinkle shredded Parmesan over the top.

Bake at 350 F, 45 to 55 minutes, until sauce bubbles and the veggies are tender.

Garnish with additional Parmesan cheese and thyme before serving. Serve hot or cold.

Total Recipe: 846 Calories; 48g Fat (51% calories from fat); 25.7g Protein; 87g Carbohydrate; 31.1g Fiber.

Per Serving: 106 Calories; 6g Fat (51% calories from fat); 3.2g Protein; 10.8g Carbohydrate; 3.8g Fiber.