**Ingredients:**
* 2 tbsp canola oil
* 1 yellow onion, sliced
* 3 cloves of garlic, minced
* 2 bell peppers (green, red or yellow)
* 1 eggplant, peeled and cut into 1 inch cubes
* 15 oz can of diced tomatoes (do not drain)
* 1 tsp dried basil
* ½ tsp black pepper
* ½ cup chopped parsley

**Optional:**
* Use a bag of frozen vegetables. It will be more economical than fresh vegetables and contain less sodium than canned vegetables.

**Directions:**
1. Heat oil in a large saucepan and sauté onion, garlic, bell peppers and eggplant until tender, about 15 minutes.
2. Add tomatoes and basil, cook about 10 minutes.
3. Serve hot. Cover and refrigerate within 2 hours.

**Tip:**
* Different vegetables contain different vitamins, so it is important to consume a variety of colors. Bell peppers contain more vitamin C than oranges.

**Nutrition Facts**
Serving Size 1/2 cup (190 g) Servings Per Recipe 8
Calories 90
Calories from Fat 35

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>%Daily Value</th>
<th>Amount Per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat 4g</td>
<td>6%</td>
<td>Total Carbohydrate 13g</td>
<td>4%</td>
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<tr>
<td>Saturated Fat 0g</td>
<td>0%</td>
<td>Dietary Fiber 4g</td>
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<tr>
<td>Trans Fat 0g</td>
<td>0%</td>
<td>Sugars 5g</td>
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<tr>
<td>Cholesterol 0mg</td>
<td>0%</td>
<td>Protein 2g</td>
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<td>Sodium 80mg</td>
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<tr>
<td>Calcium 4%</td>
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<td>Iron 8%</td>
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<td>Cholesterol 0mg</td>
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</tbody>
</table>

**Healthy Meal**
- Ratatouille over Rice
- Mixed Garden Salad
- Bread Sticks
- Banana Pudding
- Water