Celebrating Seasonality: Wisconsin-Grown Recipes for the Early Childhood Setting
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Summer recipe: lunch/supper
Food components used: vegetables
Specialty crop: tomatoes, summer squash, eggplants

Ratatouille				
Ingredients	**8 servings**		**25 servings**	
	Measure	Weight	Measure	Weight
Fresh garlic, minced	1 clove		3 cloves	
Yellow onion, sliced	⅔ cup	¼ lbs	2 ¼ cup	½ lbs
Eggplant, cubed	1 ½ cup	¼ lbs	6 cup	1 lbs
Green Peppers, cubed	1 cup	¼ lbs	4 cups	1 lbs
Tomatoes, chopped	1 cup	⅔ lbs	3 ½ cups	1.25 lbs
Zucchini, cubed	1 cup	½ lbs	4 cups	1.25 lbs
Olive oil	2 tsp		2 Tbsp	
Oregano, dried	¼ tsp		¾ tsp	
Basil, fresh, minced	2 tsp		1 Tbsp	
Thyme, dried	⅛ tsp		½ tsp	
Parsely, fresh, minced	1 tsp		1 Tbsp	
Salt	¼ tsp		¾ tsp	
Black pepper	¼ tsp		¾ tsp	

Directions:

1. Preheat conventional oven to 350° F (325° F for convection oven) and wash all vegetables
2. Crush and mince garlic
3. Quarter and slice onion, cube eggplant and zucchini, and coarsely chop peppers and tomatoes into ½ inch chunks

4. Mince basil and parsley
5. Place cut vegetables in roasting pan or hotel pan. Drizzle with olive oil.

6. Add garlic, herbs, salt and pepper.
7. Cook in a conventional oven for 30 minutes (25 minutes for a convection oven), stirring once or twice, until softened.
8. Remove from oven, stir gently and serve or place in container to freeze.

Tips:
-Puree and serve as a pasta or pizza sauce, over brown rice, with beans for protein, or use in chili or stew

Serving Sizes for **Lunch/Supper**

Age Group	**Serving Size**
Ages 1-2	⅛ cup
Ages 3-5	¼ cup

NOTE: The number of servings is based on ¼ cup portion for Ages 3-5; Number of servings may increase or decrease based on the ages of the children served and the amount served. This recipe provides ¼ cup of vegetables per serving.