

"Ratatouille" Zucchini Dish

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Photo by Quying Danzeng

In this week's CSA box, we have zucchini as our fresh produce item. Zucchini has very mild flavor, and that blandness also makes it very versatile and makes it incorporate with different sauces well. We could see zucchini being widely used in both Asian and European cuisine.

Korean Bibimbap is a stone bowl that served with rice and different cooked vegetables, and zucchini is used in this dish. In European cuisine, we know the famous cartoon movie "Ratatouille". The recipe for Ratatouille originated in the Nice and Provençal regions of France. The traditional recipe calls for tomatoes, eggplant, zucchini, garlic and different seasonings.

Ingredients

- 2 zucchini
- 1 eggplants
- 3 tomatoes
- 2 tablespoons basil seasoning
- 1 minced garlic
- 2 tablespoons parsley seasoning
- 2 table spoons of salt and black pepper
- 2 tablespoons olive oil

Preparation

1. Preheat the oven for 356 °F (180 °C).
2. Chop and slice the eggplant, tomatoes, and zucchini into thin slices. Approximately 1/16-inch (1-mm) rounds, then set aside.
3. Make the sauce: Heat the olive oil in a skillet or any oven-safe pan over medium-high heat. Sauté the garlic until it softened. Season with salt and black pepper, then add the chopped tomatoes. Stir until the ingredients are fully incorporated with each other. Turn off the heat, then add the basil seasoning.
4. Arrange the sliced veggies in alternating patterns, (for example, eggplant, tomato, zucchini) on top of the sauce from the outer edge to the middle of the pan. Season them again with a pinch of salt and pepper.
5. Make the herb seasoning: In a small bowl, mix together the basil, garlic, parsley, salt, pepper, and olive oil. Spoon the herb seasoning evenly over the vegetables.
6. Cover the pan with aluminum foil and bake for 40 minutes in the oven. Uncover the foil, then bake for another 20 minutes, until all the vegetables are softened.
7. Ready to serve!