

# Healthy Harvest® Pasta Sauce Quick Skillet Ratatouille

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Preparation Time: 10 minutes

Cooking time: 25 minutes

Servings: 4



*This flavourful veggie combo has so many potential uses for lunch or dinner. Serve on its own with crusty bread, toss with pasta, spoon over grilled chicken or fish or use as a sandwich topper... the possibilities are endless.*

## Ingredients

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1 jar **Healthy Harvest® Pasta Sauce Olive and Basil**  
(570 mL)

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2 tbsp canola oil  
(30 mL)

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1 each onion and red pepper, chopped

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1 each small eggplant and zucchini, chopped

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4 cloves garlic, thinly sliced

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1 tbsp balsamic vinegar  
(15 mL)

## Instructions

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1. Heat oil in a large, nonstick skillet set over medium heat. Add onion, red pepper, eggplant, zucchini and garlic. Cook, stirring often, for 10 minutes or until softened.
  2. Stir in pasta sauce, cover partially. Simmer, stirring often, for 15 minutes or until vegetables are very tender and sauce is thickened.
  3. Stir in vinegar and remove from the heat. Serve immediately or store, in an airtight container, in the refrigerator for up to 3 days.
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Tip: Use Healthy Harvest® Tomato and Herbs Pasta Sauce instead, for an equally delicious ratatouille.

Nutritional information per serving: (about 1 1/4 cups/300 mL)

208 calories. 11 g fat, 1 g saturated fat, 0 mg cholesterol, 658 mg sodium, 25 g carbohydrates, 6 g fibre, 4 g protein. Excellent source of vitamin C. Good source of folate.



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