



## French Mediterranean Warm Ratatouille Garlic Appetizer Toasts

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prep time:  
15 minutes

cook time:  
50 minutes

makes 6 servings

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### grocery list

**Filippo Berio Extra Virgin Olive Oil**

garlic

onion

**Francesco Rinaldi Traditional Marinara Sauce**

eggplant

tomatoes

fresh basil

**Simply Organic Oregano**

**La Baleine Sea Salt**

**Simply Organic Black Pepper**

1 oz. Parmesan cheese

Italian breadcrumbs

garlic crostini

# french mediterranean warm ratatouille garlic appetizer toasts

2 tsp. **Filippo Berio Extra Virgin Olive Oil**

2 cloves garlic, minced

1 medium onion, chopped

2 tbsp. **Francesco Rinaldi Traditional  
Marinara Sauce**

1 medium eggplant, peeled and cut into 1/2-inch  
cubes (about 1 lb.)

2 medium tomatoes, cored and chopped

1 tbsp. chopped fresh basil

1 tsp. **Simply Organic Oregano**

**La Baleine Sea Salt**

**Simply Organic Black Pepper**

1 oz. freshly grated Parmesan cheese

1 tbsp. Italian breadcrumbs

1 pkg. garlic crostini

1. Heat oven to 400°F. Coat 1 1/2 - quart casserole with nonstick cooking spray; set aside.
2. Heat oil in small skillet over medium heat. Add garlic and onion; cook and stir 1 minute. Stir in tomato sauce.
3. In large bowl combine onion mixture and sauce, eggplant, tomatoes, basil and oregano; mix well. Season to taste with salt and pepper. Pour into prepared casserole; cover and bake 30 minutes. Stir. Bake 10 minutes longer; stir. Top with Parmesan cheese and breadcrumbs. Reduce heat to 375°F. Bake uncovered 10 minutes or until eggplant is tender.
4. Transfer to serving dish and serve with crostini for dipping.

Per Serving: 250 calories, 35g carbohydrate,  
9g protein, 4g fiber, 9g fat, 2g saturated fat,  
5mg cholesterol, 420mg sodium

## cook's journal

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## kitchen tools

measuring utensils

chef's knife

cutting board

1 1/2-quart casserole

small skillet

heatproof spatula

large bowl

aluminium foil

serving dish

serving spoon

## recipe note

Ratatouille is a popular dish from the French region of Provence that combines a variety of vegetables and herbs simmered in olive oil.

## a good idea

This dish can be served right out of the oven, or prepared ahead of time and served as a room-temperature appetizer.

