



**NIBLACK
FOODS**

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Harvest Garden Vegetable Ratatouille Served over Quinoa

Ingredients:

6 Tbsp Saica Extra Virgin Olive Oil
2 Tbsp Niblack Italian Seasoning
3 Garlic cloves, chopped
6 small zucchini & yellow squash, large diced
Assortment of 4-5 diced bell peppers (red, yellow, orange, green)
3 Tbsp, fresh herbs, chopped (rosemary, basil, thyme, oregano)
Spiana Gourmet Sea Salt to Finish!
2 cups cooked quinoa seasoned with olive oil and dried herbs.
Mexican, Thai, Asian, Hebes de Provence, Italian, spicy!

2 Tbsp Spriana 4 Leaf Traditional Balsamic Vinegar
2 large sweet onions, chopped
5 cups fresh tomatoes, seeded and chopped
2 medium eggplants, diced

Optional: fresh mushroom, capers, olives, corn...

Instructions:

- Eggplant can be bitter, so place diced eggplant in a colander, in a bowl or sink. Sprinkle some sea salt, cover with towel and place something heavy on it for at least 1hour. Drain and you are good to go. You can skip this, preference.
- In a large sauté pan, heat 2 Tbsp. of olive oil over medium high heat. Add the onions and sauté until translucent, about 5 minutes. Add the bell peppers and sauté for another 5 minutes. Add the garlic and cook 2 minutes more. Remove the onions, peppers, and garlic to a bowl.
- Return the pan to the heat and add 2 more Tbsp of olive oil. Add the Italian seasoning, zucchini and yellow squash and cook until they are tender, about 5-7 minutes. Remove from the pan.
- Return the pan to the heat and add the remaining 2 Tbsp of olive oil. Add the eggplant and sauté for 2 minutes. Add the 1/4-cup of water; the eggplant will absorb all the oil very quickly and the water will help it cook before it burns. When the water is absorbed and the eggplant begins to soften (about 5 more minutes), add the chopped tomatoes to the eggplant.
- Cook the tomatoes until they start to break down and the eggplant is soft, but not mushy. Add the onions, peppers, and squash back into the pan, folding it all together.
- Taste for doneness, just a little crunch, and add fresh herbs.
- Finish with Balsamic vinegar, sea salt and pepper.

Enjoy, Meg

Meg at The Market!

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