



<b>Brick</b> 732.903.7700	<b>Marlboro</b> 732.536.2027	<b>Oakhurst</b> 732.663.0222	<b>Brooklyn</b> 718.998.8898	<b>Cedarhurst</b> 516.569.6400
------------------------------	---------------------------------	---------------------------------	---------------------------------	-----------------------------------

<b>CHICKPEA RATATOUILLE</b>	<b>Advanced Lifestyle</b>
-----------------------------	---------------------------

**Ingredients**

- 1 medium eggplant, sliced into 1" rounds
- Olive oil spray
- 1 yellow bell pepper, diced into 1" pieces
- 3 TBS extra virgin olive oil
- 6 cloves garlic, minced
- 1 28-oz. can no-salt-added diced tomatoes
- 1 15-1/2 oz. can chickpeas, drained and rinsed
- 1/4 TSP Morton's Lite salt
- Freshly ground black pepper
- 1/2 cup fresh basil, chopped

**Instructions**

1. Put the eggplant on a baking sheet and spray with the oil. Broil under high heat until golden brown, about 5 minutes. Turn the eggplant and spray the other side. Broil under high heat until golden brown, 3-5 minutes. Remove to a cutting board to cool.
2. Put the peppers on the baking sheet and spray with the oil. Broil under high heat until they begin to brown, about 5 minutes.
3. Meanwhile, heat the 3 TBS of olive oil in a large pot over medium heat. Sauté the garlic for 1 minute, then stir in the tomatoes. Simmer for 10 minutes. Add the chickpeas and broiled yellow bell peppers, stir, and season with up to 1/4 TSP of salt and pepper to taste.
4. Cut the eggplant into bite-sized pieces. Gently stir in the eggplant and basil.

**Portion-Per-Serving Information (Serves 4):**

Serving = 1-1/2 cups = 1 P\*

---

**\*Note:** This is a main dish, to be served over rice or pasta or couscous, etc. If you want to use it as a side dish, serving size = 3/4 cup = 1/2 P, 2 V, 1/2 FT.