



Makes 6 cups
Preparation Time: 20 minutes
Cook Time: 5 hours

INGREDIENTS:

- 1 medium eggplant, unpeeled, cubed (6 cups)
- 2 medium zucchini or yellow squash, coarsely chopped (3 cups)
- 4 Roma tomatoes, cored and coarsely chopped (1 cup)
- 2 8-oz. cans no-salt-added tomato sauce
- 1 large red bell pepper, chopped (1½ cups)
- 1 onion, chopped (1 cup)
- 4 garlic cloves, halved
- ⅓ teaspoon cayenne pepper
- ¼ cup chopped fresh basil
- Sea salt and freshly ground black pepper, to taste
- 4 cups cooked wheat berries (2 cups dry)
- 1 lemon, cut into wedges

Slow-Cooker Ratatouille

Chop up eggplant, zucchini, Roma tomatoes, bell pepper, and onion, throw them into the slow cooker with seasonings and tomato sauce, and come back in 5 hours for a mouthwatering stew. While it is not necessary, a quick stir halfway through cooking ensures the vegetables stay evenly moist. If you don't have wheat berries or cannot eat gluten, serve the stew with another cooked whole grain, such as brown rice or quinoa, or enjoy it on its own.

By Nancy Macklin, RDN

- 1** In a 5- to 6-qt. slow cooker combine the first eight ingredients (through cayenne pepper).
- 2** Cover and cook on low 5 to 6 hours (or high 2½ to 3 hours). Stir in half of the basil. Season with salt and black pepper. Serve with cooked wheat berries. Sprinkle with the remaining basil and serve with lemon wedges.