



## CHICKPEA RATATOUILLE

Advanced Lifestyle

### 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\*