

## Ratatouille with Tofu

1 Tablespoon olive oil  
1 cup chopped carrot  
1 small onion chopped  
¼ cup chopped fresh basil  
2 teaspoons chopped fresh thyme  
4 cloves of garlic, minced  
2 cups chopped firm tofu, drained  
2 cups diced eggplant  
1 cup chopped zucchini  
1 cup chopped tomato (or 1 can chopped)  
4 teaspoons pesto (pre-made in a bottle available at Trader Joes, Raleys)  
1 can no-salt tomato sauce  
1 teaspoon cumin  
½ teaspoon salt  
¼ teaspoon pepper

Heat large dutch oven with olive oil. Saute carrot 5 minutes then add garlic and onion and saute 2-3 minutes. Add basil, thyme, tofu, eggplant and zucchini and saute 3 minutes. Add tomato, pesto and tomato sauce and simmer, covered for 30 minutes, stirring occasionally. Stir in cumin, salt and pepper. Serve over chinese rice noodles cooked al-dente or brown rice.

Serving size 1 ½ cups

Without noodles - Calories 201 Fat 6gms Protein 12.5gms Fiber 7gms Carb 28gms

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