



## The Rat(atouille) Pack



Entire recipe: 168 calories, 0.5g total fat (0g sat. fat), 682mg sodium, 37.5g carbs, 10.5g fiber, 20g sugars, 7g protein

**Prep:** 10 minutes    **Cook:** 30 minutes



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### Ingredients

- 1/4 cup tomato paste
- 2 tbsp. finely chopped fresh basil
- 1/2 tsp. chopped garlic
- 1/8 tsp. salt, or more to taste
- Dash red pepper flakes, or more to taste
- Dash black pepper, or more to taste
- 1 cup cubed eggplant
- 1/2 cup chopped red bell pepper
- 1/2 cup sliced and halved zucchini
- 1/2 cup canned fire-roasted diced tomatoes, drained
- 1/2 cup coarsely chopped onion

### Directions

Preheat oven to 375 degrees. Lay a large piece of heavy-duty foil on a baking sheet and spray with nonstick spray.

In a medium bowl, mix tomato paste, basil, garlic, salt, red pepper flakes, and black pepper. Add all remaining ingredients and stir to coat. Distribute mixture onto the center of the foil. Cover with another large piece of foil.

Fold together and seal all four edges of the foil pieces, forming a well-sealed packet. Bake for 30 minutes, or until veggies are tender.

Cut packet to release steam before opening entirely.

#### MAKES 1 SERVING

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