
Hawaiian Style Ratatouille on Quinoa

Total time: 1 hr Yield: 6 servings

Ingredients

non-stick cooking spray
2 Japanese eggplant
1 large zucchini
2 cup kabocha
1 1/2 cup grape tomatoes
1 large sweet white onion (sliced in 1/2" strips)
14 oz chickpeas (canned, reserve 1/2 cup liquid)
2 Tbsp extra virgin olive oil
2 tsp dried basil
1 tsp granulated garlic
garlic salt (to taste)
black pepper (to taste)
6 cup water with bouillon or stock
3 cup quinoa
1/4 cup feta cheese (crumbled)
fresh sweet basil (chiffonade)
1/2 cup prepared basil pesto

Prep Time: 30 min Cooking Time: 30 min Total Time: 1 hr

Instructions

Preheat oven to 400°F. Coat a large rimmed baking sheet with non-stick cooking spray; set aside. Cut the eggplant in half lengthwise, then slice diagonally into 1/2" pieces. Cut the zucchini in half lengthwise, then into 1/2" rounds. Cut the kabocha in half, remove seeds, then slice thinly into 2" pieces, leaving the skin on. Place the eggplant, zucchini, kabocha, tomatoes, onion and chickpeas into a large bowl and lightly toss with chickpea liquid (called aquafaba), olive oil, dried basil, granulated garlic, garlic salt and black pepper.

Arrange the veggies on the rimmed baking sheet in a single layer; bake 35 to 40 minutes until tender. In a medium pot, bring the water or stock to a gentle boil; add the quinoa and cook 20 to 25 minutes until small peaks appear on the surface of the grains. Fluff with a fork and spread the quinoa onto a serving platter. Layer the veggies on top, sprinkle with feta and garnish with fresh basil. Serve with pesto on the side. This meatless, protein-packed dish filled with local vegetables is sure to become a new family favorite!

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