

## Mushrooms Perk Up Vegetable Stew



**Mushroom Ratatouille tastes great in a big, delicious portabella cap.**

(NAPSA)—It's not easy to improve on ratatouille (rah-ta-too-ee), the garlicky French medley of tomatoes, zucchini and other fresh vegetables. But mushrooms bring something new to the table. Sliced and simmered with the other ingredients, they add hearty flavor and meaty texture to ratatouille.

For a double helping of mushroom goodness, serve Mushroom Ratatouille in a grilled portabella cap. It's also delicious tossed with hot pasta, tucked inside an omelet or served at room temperature with grilled or roasted chicken.

Nutrition information and more recipes are available at [www.mushroomcouncil.com](http://www.mushroomcouncil.com).

### MUSHROOM RATATOUILLE

- 1 pound fresh white mushrooms**
- 2 large onions**
- 1 medium eggplant (1 pound)**
- 2 medium zucchini (1 pound)**
- 1 large sweet red bell pepper**
- 2 large ripe tomatoes (1 pound)**
- 2 tablespoons olive oil**
- 4 teaspoons chopped garlic**

- 1 teaspoon Italian seasoning**
- $\frac{3}{4}$  teaspoon salt**
- $\frac{1}{2}$  teaspoon ground black pepper**

**Cut mushrooms in thick slices; slice onions in wedges; cut eggplant, zucchini, red bell pepper and tomatoes in 1-inch cubes. In a large (12-inch) skillet (preferably nonstick), heat oil over medium heat. Add onions and garlic; cook and stir until lightly browned, about 4 minutes. Add mushrooms and eggplant; cook and stir until lightly browned, about 4 minutes. Add zucchini, bell pepper, tomatoes, Italian seasoning, salt and black pepper. Cover and cook, stirring occasionally, just until vegetables are tender, about 10 minutes. Serve in grilled portabella caps on a bed of couscous, if desired.**

**YIELD:** 8 cups

*Per 2-cup portion:* 220 cal, 8 g protein, 8 g fat, 36 g carbohydrate