

# Southbury Farmers' Market Recipes

## Ratatouille with Polenta

1 small chopped red or yellow onion

1 large eggplant cubed

2 bell peppers seeded and cut into squares

2 zucchini cut into half moon shapes

4 cloves garlic finely chopped

3 cups whole, peeled, seeded and chopped tomatoes with liquid reserved

1 bay leaf

1/4 cup of chopped fresh basil or italian parsley

salt and pepper

olive oil

prepared polenta

fresh grated parmesan cheese

1. In a large pan coat the bottom with olive oil and saute onion for about 5 minutes or until soft
2. Add eggplant and peppers and another splash of olive oil and saute for another 10 minutes until veggies are tender
3. Add zucchini, garlic, tomatoes, and a bay leaf and bring to a simmer for about 20 minutes or until everything is tender and remove the bay leaf
4. Just before serving add chopped basil or parsley and add salt and pepper to taste
5. Serve over prepared polenta and add fresh grated parmesan to taste