

# Saturdays *with the* Chef

## Vegetable Ratatouille with Garbanzo Beans

### Ingredients:

- 1 small red onion, large dice
- 3 garlic cloves, minced
- 1 small eggplant, large diced. Store in lemon water if not ready to use.
- 1 small zucchini, large diced
- 1 small squash, large diced
- 4 tomatoes, large diced
- 15 oz. of garbanzo beans (chickpeas) drained
- 1 cup fresh basil, chiffonade
- 1 Tbsp. balsamic vinegar
- To taste – Kosher Salt & Fresh ground black pepper, ground

### One pan cooking, quick healthy and flavorful.

1. Heat Sautee Pan on medium high heat, once pan is hot add olive oil
2. Immediately add red onions, Sautee for a minute then add minced garlic
3. Add Eggplant and cook until tender, about 4 minutes
4. Add zucchini, squash, and garbanzo beans, cook until tender
5. Add tomatoes, cook until softened
6. Season with S&P to taste, drizzle with balsamic
7. Finish with fresh basil
8. Enjoy!

## Summer Corn, Zucchini and Tomato Skillet

### Ingredients:

- Olive oil – 2 Tbsp.
- Butter – 2 Tbsp.
- 1 red onion, small diced
- 2 garlic cloves, minced
- Kosher Salt & black Pepper
- 2 medium zucchini, medium diced
- 6 ears of sweet corn, kernels stripped
- 3 cups halved grape tomatoes
- ½ cup freshly chopped basil

### One pan cooking, quick healthy and flavorful.

1. Heat Sautee pan over medium high heat, once hot add olive oil and butter
2. Immediately add red onions, cook for a minute, then add garlic
3. Add zucchini, continue to cook for a minute
4. Add corn, cook for about 5 minutes until corn is fully cooked.
5. Season with S&P to taste
6. Finish with tomatoes and basil
7. Add more butter for desired finish/flavor
8. Enjoy!



www.kingsporttn.gov | 423-224-2821

# Saturdays *with the* Chef

## Vegetable Ratatouille with Garbanzo Beans

### Ingredients:

- 1 small red onion, large dice
- 3 garlic cloves, minced
- 1 small eggplant, large diced. Store in lemon water if not ready to use.
- 1 small zucchini, large diced
- 1 small squash, large diced
- 4 tomatoes, large diced
- 15 oz. of garbanzo beans (chickpeas) drained
- 1 cup fresh basil, chiffonade
- 1 Tbsp. balsamic vinegar
- To taste – Kosher Salt & Fresh ground black pepper, ground

### One pan cooking, quick healthy and flavorful.

1. Heat Sautee Pan on medium high heat, once pan is hot add olive oil
2. Immediately add red onions, Sautee for a minute then add minced garlic
3. Add Eggplant and cook until tender, about 4 minutes
4. Add zucchini, squash, and garbanzo beans, cook until tender
5. Add tomatoes, cook until softened
6. Season with S&P to taste, drizzle with balsamic
7. Finish with fresh basil
8. Enjoy!

## Summer Corn, Zucchini and Tomato Skillet

### Ingredients:

- Olive oil – 2 Tbsp.
- Butter – 2 Tbsp.
- 1 red onion, small diced
- 2 garlic cloves, minced
- Kosher Salt & black Pepper
- 2 medium zucchini, medium diced
- 6 ears of sweet corn, kernels stripped
- 3 cups halved grape tomatoes
- ½ cup freshly chopped basil

### One pan cooking, quick healthy and flavorful.

1. Heat Sautee pan over medium high heat, once hot add olive oil and butter
2. Immediately add red onions, cook for a minute, then add garlic
3. Add zucchini, continue to cook for a minute
4. Add corn, cook for about 5 minutes until corn is fully cooked.
5. Season with S&P to taste
6. Finish with tomatoes and basil
7. Add more butter for desired finish/flavor
8. Enjoy!



www.kingsporttn.gov | 423-224-2821