

## Week 6 Recipes

### Ratatouille

#### Ingredients

- About ½ cup olive oil
- 1 eggplant (1¼ pounds); ends cut off, washed and cut, with skin on, into 1-inch cubes (about 4 cups)
- 3 medium zucchini (about 1 ¼ pounds, washed, ends removed, cut in 1-inch cubes (about 3 cups)
- 12 ounces onions (2-3 depending on size), cut into 1-inch cubes
- 1 pound green bell peppers (2–3,) washed, seeded, and cut into 1-inch squares (about 3 cups)
- 4–5 well-ripened tomatoes; peeled, halved, seeded and coarsely cubed (about 4 cups)
- 5–6 cloves garlic; peeled, crushed, and very finely chopped (about 1 tablespoon)
- ½ cup water
- 2 teaspoons salt
- ½ teaspoon freshly ground black pepper

#### Directions

1. Heat ¼ cup of the oil in one or, better, two large skillets.
2. First sauté the eggplant cubes, about 8 minutes; remove with slotted spoon and transfer to a large, heavy flameproof casserole. (The eggplant will absorb more oil while cooking than the other vegetables.)
3. Then sauté the zucchini cubes until browned, about 8 minutes. Then transfer to the casserole.
4. Add about ¼ cup more oil to the pan and sauté the onions and peppers together for about 6 minutes. Add them to the casserole.
5. Add the tomatoes, garlic, water, salt, and pepper to the casserole and bring to a boil over medium heat. Reduce heat, cover, and cook over low heat for 1 hour.
6. Remove the cover, increase the heat to medium, and cook another 20 minutes, uncovered, to reduce some of the liquid; stir once in a while to prevent scorching.
7. Let the ratatouille rest for at least 30 minutes before serving.

## Gluten-Free Cucumber Slices Provençal

### Ingredients

large English or burpless cucumber, chilled	1
cup sun-dried tomato spread	1/3
tablespoons crumbled chèvre (goat) cheese	3
Fresh basil leaves, if desired	

### Steps

- 1 Make lines or indentations lengthwise down cucumber at 1/4-inch intervals, using vegetable peeler or tines of fork. Cut cucumber into 32 slices, 1/2 inch each. Place on paper towels to drain.
- 2 Spread each slice with about 1 teaspoon tomato spread. Sprinkle each with about 1/2 teaspoon cheese.
- 3 Serve immediately, or refrigerate up to 1 hour. Top each slice with basil leaf just before serving.

## Zucchini Au Gratin

### Ingredients

- 3 large zucchini
- 1 shallot, minced
- 2 tbsp butter
- **For sauce**
- 2 tbsp butter
- 2 tbsp flour
- pinch of salt and pepper
- 2 tbsp Parmesan cheese
- 1.5 cups milk

### Directions

1. Grate the zucchinis using a box grater. Cover grated zucchini with paper towels, squeeze to get out liquid, let sit for 15 minutes then squeeze again to get rid of any extra water.
2. Heat two tbsp butter in a skillet over medium high heat. Add the shallot and sauté for four minutes, until soft and translucent. Add the grated zucchini and a pinch of salt and continue sautéing for another four minutes, until zucchini is soft and bright green. Remove from heat.
3. Preheat oven to 400 degrees and grease a small glass casserole dish OR individual ramekins.
4. Now, make the sauce. In a small pot over medium heat, melt the remaining two tbsp of butter. Once melted and bubbly, add the flour and whisk constantly until mixture turns the color of peanut butter. Slowly stream in the milk, whisking while you pour. Continue whisking until no more clumps of roux remain. Add a pinch of salt and pepper and continue whisking over medium heat until sauce thickens----about five minutes.
5. Once thick, pour the sauce over the zucchini and transfer to either your glass dish or your individual ramekins. Sprinkle Parmesan cheese over top.
6. Bake zucchini au gratin for 20 minutes, until bubbly and the top is golden. Let cool for 10-15 minutes before serving.

## Sun-Dried Tomato Spread

### Ingredients

- 2 (6 ounce) cans tomato paste
- 2 tablespoons chopped fresh basil
- 1/4 cup olive oil
- 1 teaspoon crushed garlic
  
- 3/4 cup sun-dried tomatoes, packed in oil, drained
- 1/2 teaspoon salt
- 1 teaspoon white sugar
- 1 teaspoon garlic salt

### Directions

1. In a blender or food processor, mix tomato paste, basil, olive oil, garlic, sun-dried tomatoes, salt, white sugar and garlic salt. Blend to the consistency of a spreadable paste. Chill in the refrigerator until serving.

## No-Bake Chocolate Chip Cookie Dough Truffles

## Ingredients

- ½ cup butter, softened
- ½ cup granulated sugar
- ¼ cup brown sugar, packed
- 1 teaspoon vanilla extract
- 1 cup flour
- ½ teaspoon salt
- 1 cup mini semi-sweet chocolate chips
- 2 cups milk chocolate chips
- vegetable oil, if needed

## Instructions

1. In a large bowl cream together butter, granulated sugar and brown sugar.
2. Mix in vanilla extract.
3. Mix in flour and salt until a dough forms.
4. Stir in mini chocolate chips.
5. Using a mini ice cream scoop, scoop out dough and roll into a ball.
6. Place cookie dough balls on a cookie sheet lined with parchment paper
7. Freeze for about 30 minutes or until partially frozen.
8. Melt milk chocolate chips according to package, adding a little vegetable oil if needed.
9. Dip cookie dough balls into melted chocolate and let excess drip off. (see note)
10. Place back on pan and place into fridge until chocolate has firmed up.
11. Store in the fridge.