

Ratatouille with Lentils

From: [Diabetic Living](#)

Add lentils to the traditional ratatouille recipe to make it a vegetarian main dish. And it's easy and convenient because it's made in the slow cooker.



Servings: Makes 6 (1-1/3-cup) servings.

Prep: 25 mins

Total: 4 hrs 25 mins

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Ingredients

- 1 cup dry lentils, rinsed and drained
- 1 small eggplant (12 ounces), peeled and cubed
- 2 14-1/2-ounce cans diced tomatoes with basil, garlic, and oregano, undrained
- 2 large onions, coarsely chopped
- 2 medium yellow summer squash and/or zucchini, halved lengthwise and cut in 1/2-inch-thick slices (about 2 1/2 cups)
- 1 medium red sweet pepper, seeded and chopped
- 1/2 cup water
- 1/4 to 1/2 teaspoon ground black pepper

Directions

1. In a 3-1/2- or 4-quart slow cooker, combine lentils, eggplant, undrained tomatoes, onions, summer squash, sweet pepper, the water, and black pepper. Cover and cook on low-heat setting for 8 to 9 hours or on high-heat setting for 4 to 4-1/2 hours. Makes 6 (1-1/3-cup) servings.

Nutrition Facts

Calories 215, Total Fat 1 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 713 mg, Carbohydrate 42 g, Fiber 14 g, Protein 12 g. Daily Values: Vitamin A 0%, Vitamin C 0%, Calcium 0%, Iron 0%. Exchanges: Vegetable 2.5, Starch 1.5.

Percent Daily Values are based on a 2,000 calorie diet

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