

more minutes.

2. Add the zucchini and cook for 3 minutes, or until the zucchini begins to tender.
3. Add the peppers and cook for 3 to 4 minutes. Mix well.
4. Pour the can of tomatoes, bay leaf, and sugar into the pot and lower the temperature over low heat.
5. Boil everything slowly for 20 minutes or until all the vegetables are cooked and tender. Season with salt and pepper to taste.
6. Meanwhile, boil water. Once the water boils, cook the spaghetti according to the package instructions.
7. Drain the pasta and immediately mix with the ratatouille.

Nutrition Facts

Per serving

Calories: 530

Fat: 4 g

Saturated Fat: 1 g

Calories from Fat: 6%

Cholesterol: 0 mg

Protein: 20 g

Carbohydrates: 106 g

Sugar: 13 g

Fiber: 11 g

Sodium: 238 mg

Calcium: 119 mg

Iron: 6 mg

Vitamin C: 157 mg

Beta-Carotene: 1,994 mcg

Vitamin E: 2 mg

Potassium: 919 mg