



## Ratatouille with Potatoes:

No, I am not a big chef and I don't have much time to cook, but this one is very easy & quick to do, promise :-). Use whatever veggies you like. (the one pictured is zucchini, tomatoes, onions, red pepper and last but not least, potatoes - my favorite ingredient). Cut it all into small chunks & add to a pan with a little bit of tomato sauce. By the way, I did not peel the potatoes - I am too lazy for that & have better things to do! Cook all together for around 15 minutes, depends on how "al dente" you like it. Add some fresh herbs (I usually use rosemary) & whatever spice you like, & some salt to taste, but not too much as it makes you retain water & your weight will not go down). s it. Sometimes I add some parmesan at the end, because I am Swiss & I love cheese (just a little bit cheese is ok - Dr. E said) & never use Aromat or flavor enhancers. Enjoy! BB