

Pesto Ratatouille

Ingredients

Pesto Sauce

- 2 cups fresh basil leaves
- 1/4 cup [raw pumpkin seeds](#) (or pine nuts)
- 1 garlic clove peeled
- 2 tbsp lemon juice (about 1 large lemon)
- 3 tbsp [olive oil](#) (or water)
- 1/4 tsp [himalayan pink sea salt](#) (more to taste)
- 1/8 tsp [black pepper](#) (more to taste)

Vegetables

- 1 tbsp [olive oil](#)
- 3 medium zucchini thinly sliced
- 8 medium roma tomatoes thinly sliced
- 4 small red onions thinly sliced

Instructions

1. First, you're going to make the pesto sauce. Add the fresh basil leaves, pumpkin seeds, garlic, lemon juice, olive oil, water, salt, and pepper to a blender or food processor. Blend sauce until smooth and set aside.
2. Preheat the oven to 350 degrees. Thinly slice the zucchini, tomatoes, and red onions $\frac{1}{8}$ "- $\frac{1}{4}$ " thick.
3. Brush a light coating of oil on the bottom of a cast iron skillet. Then arrange the sliced vegetables in the pan in this order: zucchini, tomato, zucchini, red onion. Repeat this order until you run out. Start with the larger outer circle first, then do a smaller circle inside of the outer circle. Lastly, fill in the center hole.
4. Drizzle the vegan pesto sauce over the vegetables and then brush the sauce to coat. .
5. Lay a piece of [unbleached parchment paper](#) on top of the vegetables and bake it for 30-35 minutes or until all the vegetables are tender.

Notes

- Try to buy zucchini and Roma tomatoes that are similar in size, width-wise. Also, look for the smallest red onions. You want the vegetables to be uniform in size so they roast evenly.
- Use a hand mandolin to quickly slice the vegetables. Using this tool really reduces your prep time!
- You can use store-bought vegan pesto sauce if you don't want to make it from scratch. I often use the organic vegan pesto sauce from Sprout's, it's delish!

Nutrition

Calories: 127kcal | Carbohydrates: 11g | Protein: 3g | Fat: 9g | Saturated Fat: 1g | Sodium: 111mg | Potassium: 550mg |
Fiber: 3g | Sugar: 6g | Vitamin A: 1307IU | Vitamin C: 34mg | Calcium: 47mg | Iron: 1mg