

# 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