

French Ratatouille Grain Bowl

Ingredients:

- ½ cup ratatouille mix (eggplant, zucchini, tomato, bell pepper)
- ½ cup cooked bulgur or millet
- ¼ cup white beans
- 1 tbsp fresh basil

Instructions:

1. Add grain to the base.
2. Top with warm ratatouille and beans.
3. Garnish with basil.

Benefits:

Full of antioxidants, supports immunity and digestion.