

Living Well Cancer Resource Center  
Young Chefs! Celebrate Bastille Day with French Cooking  
July 2020

Ratatouille

**Ingredients:**

4 tablespoons olive oil, divided, plus more for serving

1 1/2 pounds eggplant (1 large), large dice

Kosher salt

Freshly ground black pepper

1 1/2 pounds zucchini (3 to 4 medium), large dice

1 medium yellow onion, diced

2 cloves garlic, minced

fresh thyme

1 bay leaf

2 cans diced tomatoes

1/4 cup loosely packed fresh basil leaves, thinly sliced, plus more for serving

**Directions:**

Heat 3 tablespoons of the oil in a large Dutch oven or heavy-bottomed pot over medium-high heat until shimmering. Add the eggplant and zucchini, season generously with pepper, and cook, stirring occasionally, until browned in spots, about 2-4 minutes. Transfer to a large bowl.

Reduce heat to medium. Add the remaining 1 tablespoon oil and the onion, season with pepper, and cook, stirring occasionally, until softened and just beginning to brown, 6 to 8 minutes. Add the garlic, thyme, and bay leaf and cook until fragrant, about 30 seconds. Add the tomatoes and bell peppers. Add the reserved eggplant and zucchini and gently stir to combine.

Bring to a simmer, then turn down the heat to medium-low. Simmer, stirring occasionally, for at least 20 minutes. Remove the bay leaf. Just before serving, stir in the basil.

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**Crepes with Sautéed Bananas and Chocolate**

**Ingredients:**

*Crepes:*

2 cup plain flour  
4 cups milk  
6 eggs, lightly beaten  
Cooking spray

*Toppings:*

3 bananas, peeled and sliced  
2 ounces semisweet chocolate, melted  
1 tablespoon plus 1 teaspoon melted unsalted butter, plus more for skillet

**Directions:**

Sift flour into a bowl. Combine eggs and milk in a bowl. Whisk flour into the milk and egg mixture until you have a smooth thin batter. Heat a non-stick pan on medium heat. Spray with cooking oil and spoon in 2-3 tablespoons of batter, taking care to immediately swirl the pan to spread the batter. Reduce heat to low. Cook until the surface looks dry and flip to cook the other side. Remove when slightly golden.

Sauté sliced bananas in butter for 3-4 minutes until slightly softened. Melt chocolate chips in glass measuring cup for 30 seconds; stir and repeat for 15 second increments until just melted. Place crepe on plate, top with 1-2 Tablespoons of bananas. Drizzle with melted chocolate. Fold crepe in half. Drizzle chocolate with teaspoon over the top to garnish.

Alternative toppings: Nutella with raspberries, grated lemon and sprinkle of sugar.

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Kalamata Olive Tapenade

**Ingredients:**

3 cloves garlic, peeled  
1 cup pitted kalamata olives  
3 tablespoons chopped fresh parsley  
4 tablespoons lemon juice, separated  
2 tablespoons olive oil  
Whole grain French bread- 1 loaf

**Directions:**

Preheat oven to 350 degrees. Slice bread into 1-2" pieces. Pour 2 tbsp olive oil into small bowl. Brush olive oil onto bread slices and place in oven for 5 minutes or until toasted.

Meanwhile, place the garlic cloves into a blender or food processor; pulse to mince. Add the olives, capers, parsley, lemon juice, and 2 tbsp olive oil. Blend until everything is finely chopped.

Top toasted bread slices with the blended tapenade. Enjoy!

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Crepes with Vegetables and Goat Cheese

**Ingredients:**

*Crepe-*

2 cup plain flour  
4 cups milk  
6 eggs, lightly beaten  
Cooking spray

*Toppings-*

8 tbsp goat cheese  
2 cups roasted vegetables, such as bell pepper and onion  
2 Tablespoons olive oil  
Salt  
Black pepper

**Directions:**

Preheat oven to 425 degrees. Chop broccoli, cauliflower and red pepper into 1 inch pieces and place into bowl. Add olive oil to coat and bake on baking sheet with sides for 15 to 20 minutes until tender.

Sift flour into a bowl. Combine eggs and milk in a bowl. Whisk flour into the milk and egg mixture until you have a smooth thin batter. Heat a non-stick pan on medium heat. Spray with cooking oil and spoon in 2-3 tablespoons of batter, taking care to immediately swirl the pan to spread the batter. Reduce heat to low. Cook until the surface looks dry and flip to cook the other side. Remove when slightly golden.

Preheat oven to 350 degrees. Place crepes on a rimmed baking sheet. Place 1 tablespoons goat cheese and 1/4 cup roasted vegetables down the center of each crepe. Season with salt and pepper. Fold edges over filling. Bake until cheese softens and filling is warm, 5 minutes.