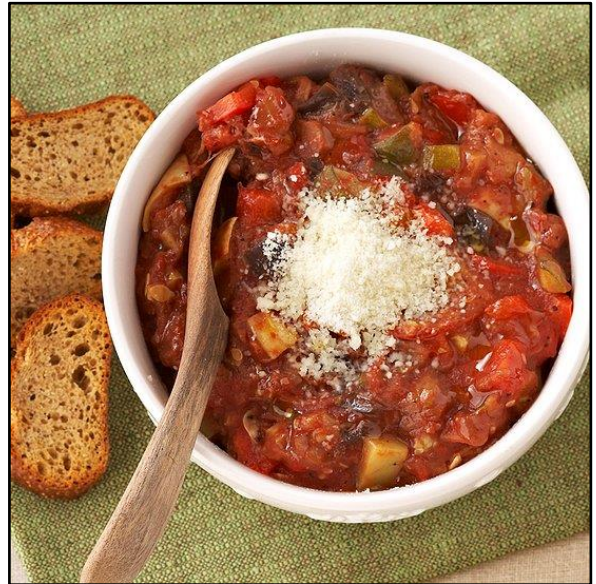


# Ratatouille Dip

Diabetic Living Magazine

## Ingredients:

- 1 (14.5 ounce) can crushed tomatoes
- 1 small eggplant, cubed
- 1 small zucchini, cubed
- 1 small yellow summer squash, cubed
- 1 small red bell pepper, chopped
- 1 teaspoon dried thyme
- ½ teaspoon garlic powder
- ½ teaspoon ground pepper
- ½ cup grated Parmesan cheese



## Instructions:

1. Stir together tomatoes, eggplant, zucchini, summer squash, and bell pepper in a 4-quart slow cooker.
2. Cover and cook on High for 1 hour. Stir in thyme, garlic powder, and ground pepper. Turn to low and cook for 30 minutes more.
3. Using a potato masher, crush the vegetable mixture to a chunky consistency. Stir in Parmesan. Stir occasionally while serving with pita chips.

## Nutrition Facts

Serving size: 1/4 Cup

Servings: 16

Amount per serving

**Calories** **33**

% Daily Value\*

**Total Fat** 0.9g 1%

Saturated Fat 0.6g 3%

**Cholesterol** 3mg 1%

**Sodium** 85mg 4%

**Total Carbohydrate** 4.6g 2%

Dietary Fiber 2g 7%

Total Sugars 2.8g

**Protein** 2.3g

# Snacking in America



Americans love to snack. We consume, on average, **2.3** snacks per day.\*

17% - one snack

13% - four snacks

41% - two snacks

4% - five or more snacks

24% - three snacks



When do Americans snack? Snacking occasions **occur more frequently** in the afternoon, evening, and late-night hours.



17%

12am-6am  
[early riser]

34%

6am-11am  
[mid-morning]

31%

11am-2pm  
[lunchtime]

56%

2pm-5pm  
[afternoon  
muncher]

51%

5pm-midnight  
[prime-time]



Where do Americans snack? For **more than seven in ten** consumers, **home** is where snacking occurs most often. Only 12% say they snack at work, while 7% say they snack on the go.\*



Why do Americans snack? Many Americans turn to snacks when they want an **indulgent treat**, while for many others there is **no particular reason**; they just do it.

28% - want an indulgent treat

16% - don't feel like cooking or preparing a meal

27% - it's an impulse

14% - feel stressed or anxious

How important is it for snack foods and beverages to be healthy?

**More than half** of respondents (57%) said that it is very important or important when snacking for the foods and beverages to be healthy. Yet...



...Are the most popular snack foods healthy? Consumers may say they want healthy foods and beverages when snacking, but the two most often-mentioned snack foods and beverages are **chips and soda!**



Source: Online survey of members of HartmanSalt.com, Sept.-Nov. 2012  
\*Hartman Eating Occasions Database, May 2012 ([www.hartman-group.com](http://www.hartman-group.com))

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