

Chicken Ratatouille

From USDA's SNAP-Ed Connection recipe finder
<http://recipefinder.nal.usda.gov/recipes/chicken-ratatouille>

Ingredients

- 1 tablespoon vegetable oil
- 4 chicken breast halves (medium, skinned, fat removed, boned and cut into 1-inch pieces)
- 2 zucchini (7 inches long, unpeeled and thinly sliced)
- 1 eggplant (small, peeled and cut into 1-inch cubes)
- 1 onion (medium, thinly sliced)
- 1 green pepper (medium, cut into 1-inch pieces)
- ½ pound mushroom (fresh, sliced)
- 1 can tomatoes (16 oz, whole, cut up)
- 1 garlic clove (minced)
- 1 ½ teaspoon basil (dried, crushed)
- 1 tablespoon parsley (fresh, minced)
- Black pepper (to taste)

Instructions

1. Heat oil in large non-stick skillet. Add chicken and sauté about 3 minutes, or until lightly browned.
2. Add zucchini, eggplant, onion, green pepper, and mushrooms. Cook about 15 minutes, stirring occasionally.
3. Add tomatoes, garlic, basil, parsley, and pepper; stir and continue cooking about 5 minutes, or until chicken is tender.

Makes 4 servings

Nutrition information per serving

Calories: 270

Total fat: 7 g

Saturated fat: 1.5 g

Cholesterol: 75 mg

Sodium: 240 mg

Total carbohydrate: 20 g

Dietary fiber: 8 g

Sugars: 11 g

Protein: 32 g