

Chicken Ratatouille

Makes: 4 servings

Chicken is added to this traditional vegetable dish of tomatoes, zucchini, and eggplant for a hearty and satisfying meal.

Ingredients

- 1 tablespoon** vegetable oil
- 2** chicken breast (medium, halved, 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)
- 1/2 pound** mushroom (fresh, sliced)
- 1 can** tomatoes (16 oz, whole, cut up)
- 1** garlic clove (minced)
- 1 1/2 teaspoons** basil (dried, crushed)
- 1 tablespoon** parsley (fresh, minced)
- black pepper (to taste)

Directions

1. Heat oil in large non-stick skillet. Add chicken and sauté about 3 minutes, or until lightly browned.

Nutrition Information

Nutrients	Amount
Calories	287
Total Fat	8 g
Saturated Fat	1 g
Cholesterol	84 mg
Sodium	369 mg
Total Carbohydrate	20 g
Dietary Fiber	6 g
Total Sugars	11 g
Added Sugars included	2 g
Protein	36 g
Vitamin D	0 IU
Calcium	104 mg
Iron	4 mg
Potassium	1161 mg

N/A - data is not available

MyPlate Food Groups

 Vegetables	3 cups
 Protein Foods	3 1/2 ounces

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.

Notes

Learn more about:

- [Zucchini/Summer Squash](#)
- [Eggplant](#)
- [Onions](#)
- [Bell peppers](#)
- [Mushrooms](#)
- [Tomatoes](#)
- [Garlic](#)

Source: US Department of Health and Human Services, A Healthier You