

Chicken Ratatouille

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

Makes: 4 servings

Ingredients

- 1 tablespoon oil
- 2 medium boneless, skinless chicken breasts
- 2 medium zucchini, sliced
- 1 small eggplant, peeled and cut into 1-inch cubes
- 1 medium onion, sliced
- 1 red bell pepper, cut into ½ inch pieces
- 8 ounces mushrooms, sliced
- 1 14.5 ounce can low-sodium diced tomatoes
- 1 clove garlic, minced
- 1 tablespoon fresh basil, chopped
- 1 tablespoon fresh parsley, minced
- black pepper?to taste



Directions

1. Cut chicken?into 1-inch pieces
2. Heat oil in large non-stick skillet. Add chicken and sauté for about 3 minutes, or until lightly browned.

3. Add zucchini, eggplant, onion, red pepper, and mushrooms. Cook for about 15 minutes, stirring occasionally.
4. Add tomatoes, garlic, basil, parsley, and pepper; stir and continue cooking for about 5 minutes, or until chicken is tender.

Recipe from: *A Healthier You: Based on the Dietary Guidelines for Americans*, US Department of Health and Human Services, Office of Disease Prevention and Health Promotion, adapted by the USDA Food and Nutrition Administration.

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