

chicken ratatouille

Prep time: 15 minutes
Cook time: 20 minutes

it may be hard to say “ratatouille” (pronounced rat-uh-TOO-ee), but this one-dish recipe will show you that it’s very easy to eat

- 1 Tbsp vegetable oil
- 12 oz boneless, skinless chicken breast, cut into thin strips
- 2 zucchini, about 7 inches long, unpeeled, thinly sliced
- 1 small eggplant, peeled, cut into 1-inch cubes
- 1 medium onion, thinly sliced
- 1 medium green bell pepper, rinsed and cut into 1-inch pieces
- ½ lb fresh mushrooms, rinsed and sliced
- 1 can (14½ oz) whole peeled tomatoes, chopped
- ½ Tbsp garlic, minced (about 1 clove)
- 1½ tsp dried basil, crushed
- 1 Tbsp fresh parsley, rinsed, dried, and minced
- ⅛ tsp ground black pepper

- 1 Heat oil in a large nonstick pan. Add chicken, and sauté for about 3 minutes or until lightly browned.
- 2 Add zucchini, eggplant, onion, green pepper, and mushrooms. Cook for about 15 minutes, stirring occasionally.
- 3 Add tomatoes, garlic, basil, parsley, and black pepper. Stir and continue to cook for about 5 minutes. Serve warm.

Tip: Serve with a side of whole-wheat pasta.



yield:

4 servings

serving size:

1½ C chicken and vegetables

each serving provides:

calories	266	total fiber	6 g
total fat	8 g	protein	30 g
saturated fat	2 g	carbohydrates	21 g
cholesterol	66 mg	potassium	1,148 mg
sodium	253 mg		