

# Chicken Ratatouille

## Ingredients:

- 1 tablespoon vegetable oil
- 4 medium skinless, boned chicken breast halves, with fat removed, and cut into 1-inch pieces
- 2 medium zucchini, unpeeled and thinly sliced
- 1 small eggplant, peeled and cut into 1-inch cubes
- 1 medium onion, thinly sliced
- 1 medium green pepper, cut into 1-inch pieces
- ½ lb. fresh mushrooms, sliced
- 1 16-oz. can whole tomatoes, cut up
- 1 garlic clove, minced
- 1½ teaspoon dried basil, crushed
- 1 tablespoon fresh parsley, minced
- Black pepper to taste

## Preparation:

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

Yields 4 (1½ cup) servings

Nutritional Information Per Serving: 270 calories, 32g protein, 21g carbohydrate (8g fiber), 7g fat, 75mg cholesterol, 240mg sodium

Source: U.S. Department of Agriculture

