



Stove Top Ratatouille

Servings 6 | Prep time 10 mins. | Total time 40 mins.

Equipment:

Cutting board
Large pot
Can opener

Utensils:

Knife
Fork
Mixing spoon, spatula, or tongs
Measuring cups and spoons

Ingredients

1 tablespoon olive oil OR vegetable oil
2 boneless skinless chicken breasts, cut into 1-inch pieces
2 zucchinis, thinly sliced
1 eggplant, peeled and cut into 1-inch cubes
1 onion, thinly sliced
1 green bell pepper, cut into 1-inch pieces
1 8 ounce package mushrooms, sliced
1 14.5 ounce can no salt added diced tomatoes with liquid
4 clove garlic, minced OR 4 teaspoons garlic powder
2 teaspoons Italian seasoning OR Celebrate Your Plate Italian Seasoning

Nutritional Information:

Calories 160
Total Fat 5g
Sodium 50mg
Total Carbs 15g
Protein 16g

Instructions

1. Before you begin, wash your hands, surfaces, utensils, tops of cans, and vegetables.
2. Heat oil in large pot. Add chicken and cook for 6-8 minutes, until browned.
3. Remove chicken from pot and add zucchini, eggplant, onion, green pepper, and mushrooms. Cook about 15 minutes, stirring occasionally.
4. Add tomatoes, Italian seasoning, and garlic (if using). Stir to combine. Add chicken and continue cooking for about 8 minutes, or until eggplant slices are tender and can be easily pierced with a fork.

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