



Stove Top Ratatouille

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

Equipment: Cutting board, Large pot, Plate

Utensils: Knife, Measuring spoons, Can opener, Fork, Mixing spoon, spatula or tongs

Ingredients

1 tablespoon olive or vegetable oil
2 boneless, skinless chicken breasts, cut into 1-inch pieces
2 zucchinis, unpeeled and thinly sliced
1 eggplant, peeled and cut into 1-inch cubes
1 onion, thinly sliced
1 green pepper, cut into 1-inch pieces
1/2 pound fresh mushrooms, sliced
1 16 ounce can no salt added diced tomatoes with juice
1 clove garlic, minced (optional) OR 1 teaspoon garlic powder
2 teaspoons Italian seasoning

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, garlic (if using) and Italian seasoning and stir to combine. Add chicken and continue cooking about 8 minutes, or until eggplant slices are tender and can be pierced easily with a fork.

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Nutritional Information:

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