



Chicken Ratatouille

This is the perfect one-dish dinner when the garden is in full swing. It is a traditional French stew, originating in an area that is present-day Nice. This delicious dish can be served hot or cold.

Makes: 6 servings **Prep time:** 20 minutes
Cook time: 18 minutes

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INGREDIENTS

- ¼ tablespoon** canola oil
- 12½ ounces** chicken breast, boneless, skinless, fresh or frozen, raw, ½" diced
- ¼ cup** zucchini, fresh, unpeeled, ½" diced
- 2/3 cup** eggplant, fresh, unpeeled, ½" diced
- 1/3 cup** onions, fresh, peeled, ¼" diced
- ¼ cup** green peppers, fresh, ¼" diced
- 3 tablespoons** mushrooms, fresh, thinly sliced
- ¼ teaspoon** salt, table
- ¾ cup** tomatoes with juice, canned, diced, garlic, oregano, and basil
- 1 clove** garlic, fresh, minced
(1 clove is about ½ teaspoon minced)
- ½ tablespoon** basil, dried
- ⅛ tablespoon** black pepper, ground
- ½ teaspoon** balsamic vinegar
- ½ teaspoon** lemon juice, fresh or bottled
- ½ teaspoon** parsley, fresh, minced

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DIRECTIONS

1. Heat oil on medium–high in a medium skillet.
2. Add chicken and sauté on each side for about 3 minutes or until lightly browned.
3. Add zucchini, eggplant, onion, green pepper, mushrooms, and salt. Cook for an additional 5 minutes until onions are tender. Stir often.
4. Add diced canned tomatoes with juice, minced garlic, dried basil, black pepper, and balsamic vinegar. Bring to a boil.
5. Reduce heat to medium, and simmer for 10 minutes or until chicken is tender and juices from the tomatoes and vinegar have reduced. Stir frequently. Chicken should reach an internal temperature of 165 °F for at least 15 seconds.
6. Remove from heat and stir in lemon juice and parsley.
7. Serve ¾ cup.

Critical Control Point: Hold at 140 °F or higher.

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NUTRITION INFORMATION

For $\frac{3}{8}$ cup.

Nutrients	Amount
Calories	101
Total Fat	4 g
Saturated Fat	1 g
Cholesterol	38 mg
Sodium	185 mg
Total Carbohydrate	3 g
Dietary Fiber	1 g
Total Sugars	3 g
Added Sugars included	N/A
Protein	13 g
Vitamin D	N/A
Calcium	22 mg
Iron	1 mg
Potassium	N/A

N/A=data not available.

Source: Team Nutrition CACFP
Multicultural Recipe Project.

<https://teamnnutrition.usda.gov>

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CACFP CREDITING INFORMATION

$\frac{3}{8}$ cup provides 1 $\frac{1}{2}$ oz equivalent meat
and $\frac{1}{4}$ cup vegetable.

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CHEF TIPS

Variation

If chicken is frozen, defrost in the
refrigerator for 1 day per 1–5 pounds.
Hold raw chicken at 40 °F or lower.