



Chicken Ratatouille

Prep Time: 20 min

Cook Time: 40 min

Serves: 4

NUTRITION FACTS, PER SERVING:

545 calories

16.6 g fat

1,020 mg sodium



INGREDIENTS: ** Items not included in kit

- 2 TB olive oil**
- 1.5 lb. cubed chicken
- 2 medium zucchini, sliced
- 1 eggplant, peeled and cut into 1-inch cubes
- 1 onion, sliced
- 1 bell pepper, diced
- 1/2 lb. mushrooms, sliced
- 14.5 oz. can diced tomatoes
- 4 garlic clove, minced
- 1 TB fresh basil, chopped
- 1 TB fresh parsley, minced
- 3 TB Italian seasoning
- Salt & black pepper, to taste**

DIRECTIONS:

1. **Produce Prep:** Slice **zucchini** into 1/4 inch rounds, set aside. Peel **eggplant** and dice into 1-inch cubes. Halve the **bell pepper**, remove the seeds and ribs with a knife, slice into strips then dice. Clean the **mushrooms** of any debris, remove the stems, then thinly slice the caps. Mince garlic cloves, set aside.
2. Heat **2 TB olive oil** in large non-stick skillet. Add chicken and sauté about 3 minutes, or until lightly browned.
3. Add zucchini, eggplant, onion, bell pepper, and mushrooms. Cook about 15 minutes, stirring occasionally.
4. Chop your **basil** and **parsley**. It is recommended you chop the parsley into fine pieces, but not necessary.
5. Add **tomatoes, garlic, parsley, Italian seasoning** and **salt & pepper** to taste; stir and continue cooking about 5 minutes, or until chicken is tender.

Food provided in this meal kit may have come in contact with, or may contain peanuts, tree nuts, soy, milk, eggs, wheat, fish, or shellfish.

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