

# CHICKEN RATATOUILLE



## INGREDIENTS:

- 1.5 lbs boneless skinless chicken breast cut into bite-size pieces
- 2 tablespoons olive oil divided
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1.5 teaspoon Italian seasoning
- 1 small yellow onion \*
- 2 garlic cloves minced \*
- 1 eggplant cut into 1" pieces
- 2 medium zucchini cut into half-moons \*
- 1- 14.5 oz can of tomatoes diced \*
- 1 14.5oz can of crushed tomatoes \*
- 1/2 cup chicken stock or broth
- 1 tablespoon chopped parsley

\* denotes Three Square item

## MAKE IT:

1. Start by heating up oil in large saucepan. Add chicken, season with salt and pepper and cook until no longer pink.
2. Add 1 teaspoon of Italian seasoning and cook for 2 more minutes. This way your chicken will be flavorful. Remove onto a plate and set aside.
3. Heat up more oil in pan, add garlic and onion and sauté until the onion is almost translucent.
4. Add zucchini, eggplant and chopped tomatoes. Season with Italian seasoning, salt and pepper. Cook until tender.
5. Add crushed tomatoes, chicken broth and cooked chicken, stir well and simmer for 5 to 10 minutes. Season with salt and pepper to taste and serve.

### NOTE:

You can use any tomatoes you have for this dish: Roma, on-the-vine or heirloom.

Skip the chicken for a vegetarian version. Add chickpeas or black beans for protein, if desired.

### SERVE WITH:

Serve it with rice, mashed potatoes Don't forget the bread! It's perfect for soaking up every last bit of the sauce!

