

Chicken Ratatouille

(Makes four, 1-1/2 cup servings)

Ingredients:

- 1 tablespoon vegetable oil
- 4 medium chicken breast halves, skinned, and fat removed, boned, and cut into 1 inch pieces
- 2 zucchini, about 7 inches long, thinly sliced
- 1 small eggplant, cut into 1-inch cubes
- 1 medium onion, thinly sliced
- 1 medium green pepper, cut into 1-inch pieces
- ½ lb fresh mushrooms, sliced
- 1 can (16 oz) whole tomatoes, cut up
- 1 clove garlic, minced
- 1-1/2 teaspoon dried basil, crushed
- 1 tablespoon fresh parsley, minced
- To taste-black pepper

Directions:

1. Heat oil in large nonstick skillet. Add chicken and sauté about 3 minutes, or until lightly browned.
2. Add zucchini, eggplant, onion, green pepper, and mushrooms. Cook about 15 minutes, stirring occasionally.
3. Add tomatoes, garlic, basil, parsley, and pepper; stir and continue cooking about 5 minutes, or until chicken is tender.

Nutritional Analysis: (per serving)

- Calories: 266
- Fat: 8 g
- Saturated Fat: 2 g
- Cholesterol: 66 mg
- Sodium: 253 mg

Source:

Stay Young at Heart, from the National Heart, Blood, Lung Institute (www.nhlbi.nih.gov)