



One-Pan Chicken Ratatouille



1/2 of recipe (about 2 cups): 215 calories, 2.5g total fat (0.5g sat. fat), 514mg sodium, 24.5g carbs, 7g fiber, 12g sugars, 24g protein

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Prep: 15 minutes **Cook:** 10 minutes

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Ingredients

2 cups cubed eggplant
1 1/2 cups chopped zucchini
6 oz. raw boneless skinless chicken breast, cut into bite-sized pieces
1/4 tsp. salt
1/8 tsp. black pepper
3/4 cup chopped red bell pepper
3/4 cup chopped onion
2 1/2 tsp. chopped garlic
1/2 tsp. onion powder
1/2 cup canned fire-roasted diced tomatoes, lightly drained
1/4 cup tomato paste
Optional topping: crushed red pepper flakes

Directions

Bring a large skillet sprayed with nonstick spray to medium-high heat. Add eggplant and zucchini. Cook and stir until partly softened, about 5 minutes.

Add chicken, and season with salt and black pepper. Add bell pepper, onion, garlic, and onion powder. Cook and stir until chicken is fully cooked and veggies have fully softened, about 5 minutes.

Add lightly drained canned tomatoes and tomato paste. Cook and stir until hot and well mixed, about 2 minutes.

MAKES 2 SERVINGS

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