



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.

CACFP CREDITING INFORMATION

$\frac{3}{8}$ cup (No. 10 scoop) provides 1 $\frac{1}{2}$ oz equivalent meat and $\frac{1}{4}$ cup vegetable.

SOURCE

Team Nutrition CACFP Multicultural Recipe Project.

<https://teamn nutrition.usda.gov>

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Canola oil		1 Tbsp		2 Tbsp	1 Heat oil on medium-high heat. For 25 servings, use 2 extra-large skillets. For 50 servings, use 4 extra-large skillets.
Chicken breast, boneless, skinless, fresh or frozen, raw, $\frac{1}{2}$ " diced	3 lb 4 oz		6 lb 8 oz		
*Zucchini, fresh, unpeeled, $\frac{1}{2}$ " diced	4 $\frac{1}{4}$ oz	$\frac{7}{8}$ cup	8 $\frac{1}{2}$ oz	1 $\frac{3}{4}$ cup	3 Add zucchini, eggplant, onion, green pepper, mushrooms, and salt. Cook an additional 5 minutes, until onions are tender. Stir often.
*Eggplant, fresh, unpeeled, $\frac{1}{2}$ " diced	8 $\frac{1}{3}$ oz	4 $\frac{1}{2}$ cup	1 lb $\frac{2}{3}$ oz	2 qt 1 cup	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Onions, fresh, peeled, ¼' diced	6¼ oz	1 ¼ cup	12½ oz	2½ cup	
*Green bell pepper, fresh, ¼' diced	5¼ oz	1 cup	10½ oz	2 cup	
*Mushrooms, fresh, thinly sliced	2¾ oz	¾ cup ½ Tbsp	5½ oz	1½ cup 1 Tbsp	
Salt, table		1 tsp		2 tsp	
Tomatoes with juice, garlic, oregano, and basil, canned, diced	1 lb 10 oz	3 cup 2 Tbsp (⅓ No. 10 can)	3 lb 4 oz	1 qt 2¼ cup (⅔ No. 10 can)	4 Add diced canned tomatoes with juice, minced garlic, dried basil, black pepper, and balsamic vinegar. Bring to a boil.
*Garlic, fresh, minced		4 cloves		8 cloves	
Basil, dried		2 tsp		1 Tbsp 1 tsp	
Black pepper, ground		½ tsp		1 tsp	
Balsamic vinegar		2 tsp		1 Tbsp 1 tsp	5 Reduce heat to medium and simmer for 10 minutes, or until chicken is tender and juices from tomatoes and vinegar have reduced. Stir frequently.
Lemon juice, fresh or bottled		2 tsp		1 Tbsp 1 tsp	6 Remove from heat and stir in lemon juice and parsley. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
Parsley, fresh, chopped		2 Tbsp		¼ cup	7 Serve ⅔ cup (No. 10 scoop). Critical Control Point: Hold at 140 °F or higher.

NUTRITION INFORMATION

For ¾ cup (No. 10 scoop) Chicken Ratatouille.

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	3g
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.

MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Zucchini	4½ oz	9 oz
Eggplant	10⅓ oz	1 lb 4⅔ oz
Mature onions	7¼ oz	14½ oz
Green pepper	6¾ oz	13½ oz
Mushrooms	3 oz	6 oz
Garlic	4 cloves	8 cloves

NOTES

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Variations

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

YIELD/VOLUME

25 Servings	50 Servings
About 5 lb 12 oz	About 11 lb 8 oz
2 qt 2⅔ cup	1 gallon 1 qt ⅔ cup

