

Grilled Chicken Ratatouille

Servings: 4

RECIPE BOX

INGREDIENTS

3 TBSP EVOO
3 TBSP CHOPPED FRESH BASIL
1 TBSP CHOPPED FRESH MARJORAM
1 TSP SALT
1 RED BELL PEPPER, HALVED LENGTHWISE,
STEMMED & SEEDED
1 SM EGGPLANT, CUT INTO 1/2 IN PIECES
1 MED ZUCCHINI, HALVED LENGTHWISE
4 PLUM TOMATOES, HALVED LENGTHWISE
1 MED RED ONION, CUT INTO 1/2 IN
PIECES
4 BONELESS, SKINLESS CHICKEN BREASTS,
ABOUT 1.25 POUNDS
1 TBSP RED WINE VINEGAR



DIRECTIONS

STEP 1: Preheat grill to medium high.

STEP 2: Combine oil, basil, marjoram and salt in small bowl (set 1 tbsp aside)

STEP 3: Coat both sides of pepper, eggplant, zucchini, tomato and onion pieces with

EVOO. Grill until soft & charred in spots (3-5 min) Place cooked veggies in large bowl.

STEP 4: While grill is hot, rub the reserved herb mixture (step 2) on both sides of chicken and place on grill. Grill until cooked through, 4-5 minutes per side.

STEP 5: While chicken is cooking, chop cooked veggies in to 1 inch pieces & return to bowl. Toss with vinegar & remaining mix.

STEP 6: Serve grilled chicken with the ratatouille.

GF This recipe is gluten free as written.

V Substitute chicken for firm tofu or double the amount of veggies.

Nutrition per Serving: Calories: 340, Total Fat: 15g, Carbs: 17g, Protein 35g, Fiber 6g, Sugars 0g.

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