

Grilled Chicken and Ratatouille

Dark colored veggies are rich in antioxidants, which fight damaging free radicals in our bodies. Get your daily servings along with lean protein from this nutrient-rich recipe.



Ingredients

- 2 medium zucchini, halved lengthwise
- 1 medium Japanese eggplant, halved lengthwise
- 1 red bell pepper, cut into 1-inch-wide strips
- 1 red onion, peeled, cut into 1/2-inch-wide wedges (leave root end intact)
- 2 medium tomatoes, halved crosswise
- 2 tbsp olive oil
- Salt and pepper
- 6 skinless, boneless chicken breast halves, about 6 oz each
- 1/3 cup thinly sliced basil
- 1 1/2 tsp red wine vinegar

Preparation (Serves 6)

Heat grill on medium high. Place first 5 ingredients in large bowl. Drizzle with oil and sprinkle generously with salt and pepper; toss to coat. Grill vegetables until tender and slightly charred, about 4 minutes for peppers and 7 minutes for remaining vegetables. Transfer to cutting board.

Place chicken breasts in same bowl that held vegetables. Turn to coat with any remaining oil in bowl. Sprinkle chicken with salt and pepper. Grill chicken, covered, until cooked through, about 6 minutes per side. Let stand 5 minutes.

Meanwhile, coarsely chop vegetables and transfer to another large bowl. Add basil and vinegar and toss to coat. Season with salt and pepper. Cut chicken crosswise into 1/2-inch-thick slices; serve with ratatouille.

Nutrition (per serving)

Calories 213 | fat 6g | saturated fat 1g | cholesterol 68mg | sodium 88mg | carbohydrate 9g | fiber 4g | protein 29g | calcium 0mg

Recipe source: you.sharecare.com/articles/c32de5d3-2c23-4889-9444-1c3d022d512d
Source: Kat Barefield, MS, RD

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