



# Garlicky Chicken Ratatouille

A tasty main dish composed of sauteed chicken, garlic, and vegetable medley featuring local zucchini, tomatoes, and yellow squash; a yummy way to add vibrant colors and fresh summer flavors to your lunch.

**Recipe Project Name:** Fiscal Year 2021 Cohort A Team Nutrition Training Grant for School Meal Recipe Development  
California Department of Education

**Preparation Time:** 40 minutes

**Cook Time:** 25 minutes

**NSLP/SBP crediting information:**

1 cup provides 2 oz eq meat/meat alternate, 5/8 cup red/orange vegetable, 3/8 cup other vegetable.

| INGREDIENTS                                    | 50 SERVINGS |          | 100 SERVINGS |         | DIRECTIONS  |
|--|-------------|----------|--------------|---------|---|
|  | Weight      | Measure  | Weight       | Measure |   |
| Chicken, frozen, cooked, diced USDA Foods      | 6 lb 8 oz   |          | 13 lb        |         | <ol style="list-style-type: none"> <li>1. Thaw diced chicken in refrigerator/walk-in.<br/><b>Critical Control Point:</b> Cool to 41 °F or below.</li> <li>2. Weigh chicken and have it ready to add to braising skillet.</li> <li>3. Turn on braising skillet to medium heat and add vegetable oil. Let oil heat for 2 minutes.</li> <li>4. Add onion and the cooked, diced chicken into the braising skillet. Cook for three minutes, stirring constantly.</li> <li>5. Add garlic to the braising skillet. Cook an additional 3 minutes, stirring constantly to avoid ingredients sticking to the pan.</li> <li>6. Add tomatoes to the braising skillet. Cook mixture for 5</li> </ol> |
| Vegetable Oil                                  |             | 1 ½ cups |              | 3 cups  |   |
| *Onion, fresh, yellow, peeled, ½-inch dice     | 1 lb 4 oz   | 3 cups   | 2 lb 8 oz    | 6 cups  |   |
| Garlic, fresh, peeled, minced (finely chopped) | 7 oz        | 1 ½ cups | 14 oz        | 3 cups  |   |
| *Tomatoes, fresh,                              | 3 lb 14 oz  | 2 qt     | 7 lb 10 oz   | 1 gal   |   |



| INGREDIENTS                        | 50 SERVINGS |                                   | 100 SERVINGS |                            | DIRECTIONS  |
|------------------------------------|-------------|-----------------------------------|--------------|----------------------------|---|
|                                    | Weight      | Measure                           | Weight       | Measure                    |   |
| washed, ¼-inch dice                |             |                                   |              |                            | minutes or until temperature reaches 135 °F.<br><b>Critical Control Point.</b> Heat to 135 °F.  |
| Tomato paste, USDA Foods           | 3 lb 3 oz   | 1 qt 2 cups<br>About ½ No. 10 can | 6 lb 6 oz    | 3 qt<br>About 1 No. 10 can | <b>7.</b> In a large mixing bowl, whisk tomato paste and water and mix until a thick sauce forms.   |
| Water                              | 3 lb        | 1 qt 2 cups                       | 6 lb         | 3 qt                       | <b>8.</b> Add sauce to braising skillet and combine well with the chicken, garlic, onion, and tomatoes.   |
| Oregano Leaves, dry, whole         |             | ½ cup                             |              | 1 cup                      | <b>9.</b> Add oregano, salt, and black pepper to the braising skillet and mix well.<br><b>Critical Control Point:</b> Heat to 135 °F.   |
| Salt, table                        |             | 2 Tbsp                            |              | ¼ cup                      |   |
| Black pepper, ground               |             | 2 Tbsp                            |              | ¼ cup                      |   |
| *Zucchini, fresh, ½-inch dice      | 4 lb 7 oz   | 1 gal                             | 8 lb 14 oz   | 2 gal                      | <b>10.</b> Add diced zucchini and yellow squash to the braising skillet, then bring mixture to a boil.<br><br><b>Critical Control Point:</b> Heat to 135 °F.  |
| *Yellow squash, fresh, ½-inch dice | 4 lb 1 oz   | 1 gal                             | 8 lb 2 oz    | 2 gal                      | <b>11.</b> Place mixture in 4” steam table/hotel pans.<br>For 50 servings, use 1 pan.<br>For 100 servings, use 2 pans.<br><b>12.</b> Portion 1 cup or one 8 oz spoodle of Garlicky Chicken Ratatouille mixture per serving.<br><b>Critical Control Point:</b> Hold for hot service at 135 °F or higher. |



**GARLICKY CHICKEN RATATOUILLE**  
**NUTRITION INFORMATION**

For 1 cup (8 oz spoodle)

| <b>NUTRIENTS</b>          | <b>AMOUNT</b> |
|---------------------------|---------------|
| <b>Calories</b>           | <b>187</b>    |
| <hr/>                     |               |
| <b>Total Fat</b>          | <b>9 g</b>    |
| Saturated Fat             | 1 g           |
| Cholesterol               | 44 mg         |
| <b>Sodium</b>             | <b>363 mg</b> |
| <b>Total Carbohydrate</b> | <b>12 g</b>   |
| Dietary Fiber             | 3 g           |
| Total Sugars              | 7 g           |
| Added Sugars included     | N/A g         |
| <b>Protein</b>            | <b>15 g</b>   |
| <hr/>                     |               |
| Vitamin A                 | 907 IU        |
| Vitamin C                 | 26            |
| Calcium                   | 34            |
| Iron                      | 22            |
| Potassium                 | N/A           |

N/A=data not available.

**SOURCE:**

FY 2021 Cohort A Team Nutrition Training Grant

**\*MARKETING GUIDE**

| <b>Food as Purchased for</b> | <b>50 Servings</b> | <b>100 Servings</b> |
|------------------------------|--------------------|---------------------|
| Zucchini, fresh              | 5 lb 3 oz          | 10 lb 6 oz          |
| Yellow squash, fresh         | 4 lb 12 oz         | 9 lb 8 oz           |
| Tomatoes, fresh,             | 5 lb 6 oz          | 10 lb 12 oz         |
| Onions, fresh, mature        | 1 lb 13 oz         | 3 lb 10 oz          |

**NOTES**

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

Tips to speed preparation: for tomatoes, use a tomato corer to remove stem and then simply run them through the Dynacube for quick dicing. For Onions, slice off ends and peel exterior layer and then simply run them through the Dynacube for quick, uniform diced onions.

Equipment Needed: braising skillet, vegetable peeler, cutting board, knives, mixing spoons, oven mitts/heat resistant potholders, measuring cups and spoons, kitchen scale, whisk, large mixing bowl, 8 oz spoodle, dynacube (optional), garlic press (optional)

Category: Main dish

Wash, peel, and chop onion into ½-inch pieces prior to measuring. Peel garlic cloves prior to mincing. Wash and core tomatoes, then dice into ¼-inch pieces prior to measuring. Wash, stem, and dice zucchini and yellow squash, then dice into ½-inch pieces or cubes prior to measuring ingredients.

Flavor profile: French, garden recipe, main dish

The food safety temperatures are based on the FDA Food Code. Some information included may be different in your state. Always check with your local regulatory authority (health department) or sponsoring organization (sponsor) for guidance on current food safety requirements in your operation.

**YIELD/VOLUME**

| <b>50 Servings</b>                   | <b>100 Servings</b>                  |
|--------------------------------------|--------------------------------------|
| About 27 lb 2 oz<br>About 4 gal 1 qt | About 54 lb 4 oz<br>About 8 gal 2 qt |

