DISTRICT 5 4-H FOOD SHOW
RECIPE SUBMISSION PAPERWORK

CONTESTANT NAME: Blaine Sipes					
CATEGORY *Please check one*	☐ Appetizer	☒ Main Dish	☐ Side Dishes	☐ Healthy Desserts	
COUNTY	Rusk County				
AGE DIVISION	☒ Junior	☐ Intermediate	☐ Senior		

Name of Recipe: Grandma's Chicken Ratatouille	
Prep Time: 45 Minutes	**Cook Time:** 1 hour & 10 Minutes **Cost:** $9.14

Type Recipe Here:

Grandma Chicken Ratatouille

2 chicken breast, shredded
1 tablespoon olive oil
¼ teaspoon salt
¼ teaspoon pepper

2 eggplant, sliced thin
2 yellow squash, sliced thin
2 zucchini, sliced thin
6 roma tomatoes, sliced thin

2 cups brown rice, cooked
4 cups water

Sauce
2 tablespoons olive oil
1 medium white onion, chopped
4 garlic cloves, minced
1 red bell pepper, chopped
1 yellow bell pepper, chopped
1 teaspoon salt
1 teaspoon pepper
4 tomatoes, crushed
2 tablespoons basil chopped (8-10 leaves)

Herb Season
2 - tablespoon chopped basil (8-10 leaves)
2 - tablespoons chopped parsley (8-10 leaves)
2 - teaspoons thyme
1 - teaspoon salt
1 - teaspoon pepper
4 - tablespoon olive oil
1 - 3 ounces parmesan cheese

Preheat the oven to 375°F (190°C).

Place the chicken on a baking sheet. Drizzle the one tablespoon olive oil over the chicken. Sprinkle the ¼ teaspoon salt and ¼ teaspoon pepper over the chicken. Bake the chicken at 375°F. Bake the chicken for about 22 minutes and make sure the chicken is fully cooked through.

In a 3 quart sauce pan, combine the 2 cups of brown rice and 4 cups of water. Bring to a boil. Turn down the heat to low and cover with a lid. Let the rice simmer for 45 - 50 minutes or until the water is absorbed. Fluff with fork and serve with the ratatouille.

Slice the eggplant, tomatoes, yellow squash, and zucchini into 1/16 inch or 1 millimeter rounds. Once the vegetables are cut place in a bowl with the lid and place in the refrigerator.

Make the sauce: Heat the olive oil into a 12 inch cast iron skillet. Turn on the heat to a medium high heat. Saute the chopped onion and bell peppers until soft, about 10 minutes. Season the sauce with salt and pepper. Then added the crushed tomatoes. Stir until the ingredients are fully blended and cooked. Remove from the heat, then add the basil. Fold in the basil and make sure the surface is smooth down with a spatula.

Take out the sliced vegetables and arrange a pattern, (for example squash, zucchini, tomato, and eggplant) on top of the sauce cooked. Start on the outer edge and work towards the middle of the pan. Sprinkled the shredded chicken on top of the vegetables. Season with salt, pepper, and parmesan cheese.

Make the herb seasoning: In a small bowl, mix together the basil, garlic, parsley, thyme, salt, pepper, and olive oil. Spoon the herb seasoning over the shredded chicken and vegetables.

Cover the pan with foil and bake for 40 minutes. Uncover, then bake for an additional 20 minutes or cook until the vegetables are softened.

Serve while hot as a main dish. This dish is also excellent the day after. Cover the pan and reheat the oven to 350°F. Place in the oven for 15 minutes. Then serve once again.

By submitting the recipe, the contestant releases the recipe for use by Texas 4-H Youth Development and Texas A&M AgriLife Extension.

Revised July 2020