



# Chicken Bruschetta



4 servings



15 mins prep | 30 minutes total time

## Per serving:

358 calories

6 g carbs

1 g fiber

11.6 g fat

52 g protein

## Ingredients

### Chicken

- 2 lb chicken breast, boneless and skinless
- 2 Tbs olive oil
- 2 cloves garlic, minced
- 1 Tbs Italian seasoning (or other herb mix)
- salt & black pepper, to taste

### Bruschetta Topping

- 4 tomatoes, Roma (or other tomato) 1/4 cup onion, red, chopped
- 1/2 cup basil, fresh, chopped
- 2 Tbs olive oil
- 1 Tbs balsamic vinegar (or other vinegar)
- 2 cloves garlic, minced or pressed
- salt & black pepper, to taste

## Directions

### Prep

1. Pat chicken breasts dry and place in a glass baking dish or deep bowl. 2. Preheat oven to 375° F.
2. Mince garlic.
3. For bruschetta -chop tomatoes and basil, mince garlic.

### Make

1. Whisk together olive oil, garlic, and Italian seasoning. Pour into the glass baking dish or deep bowl and add chicken. Turn to coat and let stand for 10 minutes.
2. Place chicken on a parchment-lined baking sheet, sprinkle with Italian seasoning, and season with salt and pepper. Bake for about 20 minutes until the internal temperature reaches 165° F.
3. Meanwhile, prepare bruschetta topping.
4. Remove chicken from oven and top with bruschetta mixture.
5. Serve immediately.



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