

# Chicken Bruschetta

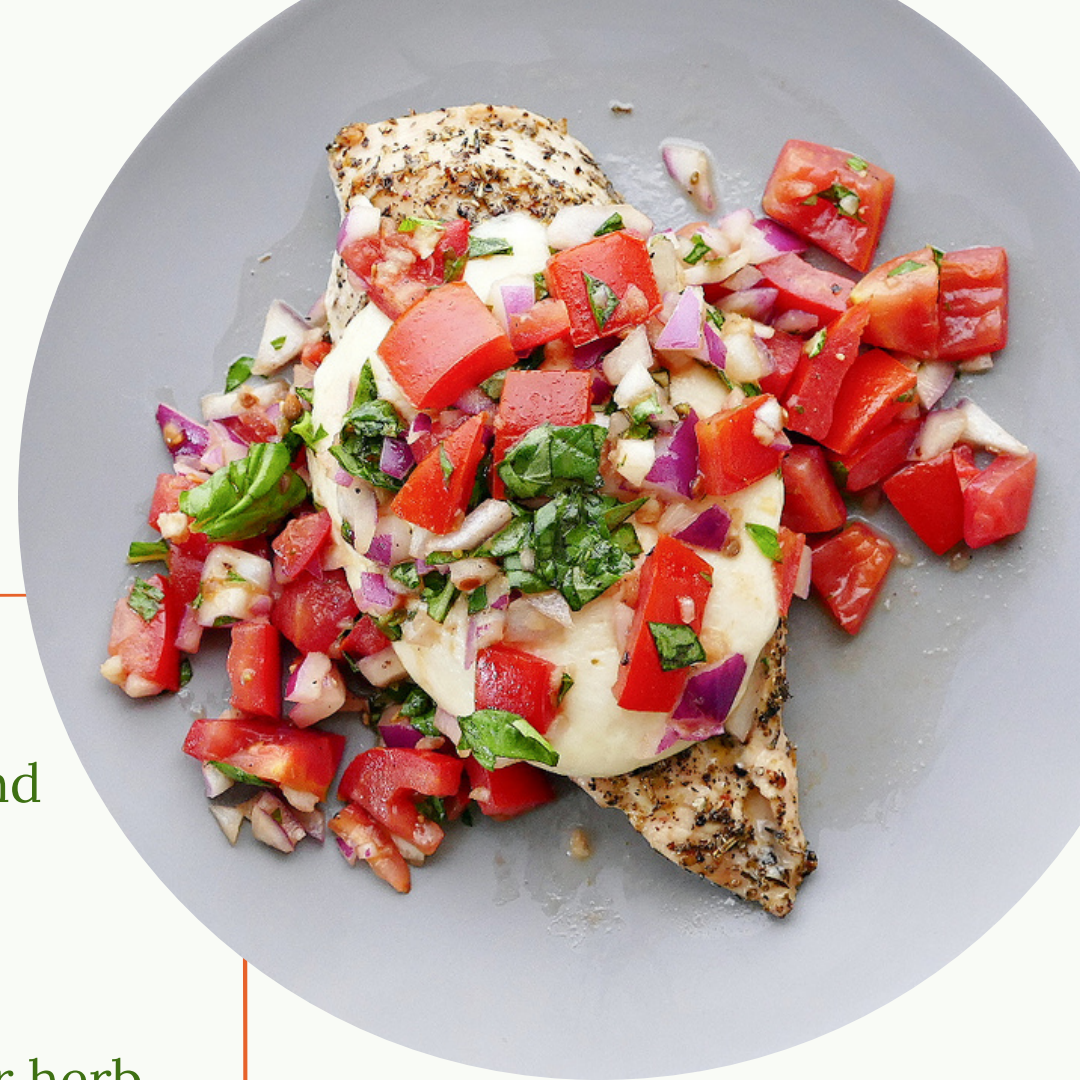
## Ingredients

For 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 and pepper, to taste

For bruschetta:

- 4 roma tomatoes, chopped
- 1/4 cup red onion, chopped
- 1/2 cup fresh basil, chopped
- 2 Tbsp olive oil
- 1 Tbsp balsamic vinegar
- 2 cloves garlic, minced or pressed
- salt and pepper to taste



## Nutriion Facts:

Serves 4

Prep: 20 mins. | Total: 30 mins.

Per serving:

- Ⓒ 497 calories
- Ⓒ 12g carbohydrates
- Ⓕ 34g total fat
- ⒫ 41g protein

## Directions

### Prep

1. Pat chicken breasts dry and place in a glass baking dish or deep bowl.
2. Preheat oven to 375° F.
3. Mince garlic.
4. Add bruschetta ingredients to a bowl - mix well and set aside.

### 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. Remove chicken from oven and top with bruschetta mixture. Serve immediately.
4. Optional: While chicken is hot, add a small slice of mozzarella cheese over each piece of cooked chicken before topping with bruschetta mixture.



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