



# Bruschetta Chicken



prep time  
10 minutes



total time  
30 minutes



servings  
4

## Ingredients

### CHICKEN

- 2 tbsp olive oil, extra virgin  
~ 2 servings of fat
- 4 chicken breasts, 450 grams  
~ 15 servings of protein
- salt & pepper to taste
- 1 tbsp dried basil
- 1 tbsp minced garlic

### BRUSCHETTA

- 3 ripe roma tomatoes, diced  
~ 3 servings of veggies
- 7 basil leaves, chopped
- 1 sprig oregano, chopped
- 2 tsp minced garlic
- 1 tbsp olive oil, extra virgin  
~ 1 serving of fat
- 1 tsp balsamic vinegar
- 1/4 tsp salt
- 1/4 tsp pepper

### BALSAMIC GLAZE

- 1 cup balsamic vinegar

## Instructions

- 1 Prepare chicken breasts into cutlets by cutting horizontally to have a thin piece/cutlet.
- 2 Add olive oil to a saute pan or cast iron skillet. Heat pan to medium high heat.
- 3 Add chicken to the hot pan. Sprinkle salt, pepper, and basil on top of each cutlet. Cook until browned, about 5 minutes. Flip chicken. Add garlic to the pan. Cook until the remaining side of chicken is browned, about 5 minutes.
- 4 Add all ingredients for the bruschetta to a bowl and stir together until combined.
- 5 Pour over your cooked chicken breasts.
- 6 Add 1 cup balsamic vinegar to a small saucepan. Bring to a boil over medium high heat. Reduce heat to medium. You should see bubbling

along the outside of your pan. Let simmer for 10 minutes. Stir occasionally as vinegar begins to thicken and coat the spoon. Remove from heat and set aside to cool for a few minutes. It will thicken a bit more as it sits and you'll end up with around 1/3 cup of balsamic glaze.

- 7 Drizzle over bruschetta topped chicken.



Whole Recipe Breakdown:

- 15 Servings Protein
- 0 Servings Carb
- 3 Servings Fat
- 3 Servings Veggies