



Caprese Stuffed Chicken



1/2 of recipe (1 stuffed chicken breast): 244 calories, 7.5g total fat (3g sat. fat), 496mg sodium, 3.5g carbs, 0.5g fiber, 2g sugars, 38g protein

Prep: 15 minutes **Cook:** 25 minutes



Ingredients

1/3 cup seeded and chopped tomatoes
2 tbsp. fresh chopped basil
1 tbsp. balsamic vinegar
1/2 tsp. chopped garlic
1/4 tsp. Italian seasoning
1/4 tsp. each salt and black pepper
Two 5-oz. raw boneless skinless chicken breast cutlets, pounded to 1/4-inch thickness
6 tbsp. shredded part-skim mozzarella cheese

Directions

Preheat oven to 400 degrees. Lay a large piece of heavy-duty foil on a baking sheet and spray with nonstick spray.

In a medium bowl, combine tomatoes, basil, vinegar, garlic, and Italian seasoning. Add 1/8 tsp. each salt and pepper, and stir to mix.

Season chicken cutlets with remaining 1/8 tsp. each salt and pepper. Using a slotted spoon to drain excess liquid, evenly divide tomato mixture between the centers of the cutlets. Sprinkle with 3 tbsp. cheese.

Roll up each chicken cutlet over the mixture. Secure with toothpicks. Place cutlets onto the center of the foil. Top with remaining 3 tbsp. cheese.

Cover with another large piece of foil. Fold together and seal all four edges of the foil pieces, forming a well-sealed packet.

Bake for 25 minutes, or until chicken is cooked through and cheese has melted.

Cut packet to release hot steam before opening entirely.

MAKES 2 SERVINGS

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