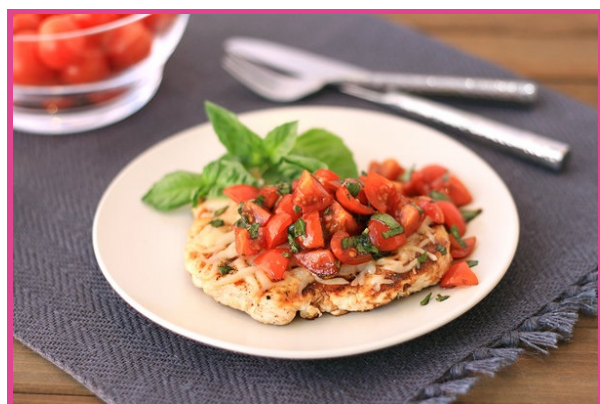




Caprese Chicken



Entire recipe: 313 calories, 14.5g total fat (4g sat. fat), 497mg sodium, 6g carbs, 0.5g fiber, 3.5g sugars, 38g protein

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Prep: 10 minutes **Cook:** 15 minutes



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Ingredients

- 1 tbsp. balsamic vinegar
- 1 1/2 tsp. extra-virgin olive oil
- 1/4 cup chopped tomato
- 1 tbsp. chopped fresh basil
- One 5-oz. raw boneless skinless chicken breast cutlet
- 1/4 tsp. garlic powder
- 1/4 tsp. Italian seasoning
- 1/8 tsp. salt
- 1/8 tsp. black pepper
- 3 tbsp. shredded part-skim mozzarella cheese

Directions

In a small bowl, use a fork to whisk vinegar with oil. Add tomato and basil, and toss to coat.

Bring a skillet sprayed with nonstick spray to medium heat. Season chicken with garlic powder, Italian seasoning, salt, and pepper. Cook for about 4 minutes per side, until cooked through.

Top chicken with cheese. Cover skillet and cook until cheese has melted, about 2 minutes. Serve topped with tomato-basil mixture.

MAKES 1 SERVING

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