



## 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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