



Chicken Bruschetta Stuffed Tomatoes



1/6th of recipe (2 stuffed tomatoes): 112 calories, 2.5g total fat (1g sat. fat), 162mg sodium, 6.5g carbs, 1.5g fiber, 3.5g sugars, 15g protein

[Click for WW Points® value*](#)

Prep: 20 minutes **Cook:** 25 minutes



More: [Lunch & Dinner Recipes](#), [Four or More Servings](#)

Ingredients

12 oz. raw boneless skinless chicken breast, cut into bite-sized pieces
3/4 tsp. Italian seasoning
1/4 tsp. salt
1/8 tsp. black pepper
2 tbsp. balsamic vinegar
2 tsp. chopped garlic
6 large Roma tomatoes
1/4 cup shredded part-skim mozzarella cheese
2 tbsp. whole-wheat panko breadcrumbs
2 tbsp. chopped fresh basil

Directions

Preheat oven to 375 degrees. Spray a 12-cup muffin pan with nonstick spray.

In a medium bowl, season chicken with Italian seasoning, salt, and pepper. Add vinegar and garlic, and toss to coat.

Slice tomatoes in half widthwise. Using a spoon, carefully scoop out and discard the inside flesh, leaving the hollow tomato halves intact. Place a tomato half in each cup of the muffin pan, cut side up. (If tomato halves do not sit straight, cut a thin slice from the bottom to form a flat end.) Thoroughly blot away excess moisture.

Fill hollowed tomato halves with chicken mixture.

Bake for 15 minutes.

Top with mozzarella and panko breadcrumbs. Bake until cheese has melted, about 10 minutes.

Top with basil.

MAKES 6 SERVINGS

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free samples of food, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.
*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.