



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

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

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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

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