



## Crispy Bruschetta Chicken



Entire recipe: 344 calories, 9g total fat (1.5g sat. fat), 491mg sodium, 21.5g carbs, 3g fiber, 7g sugars, 41.5g protein

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

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### Ingredients

1/2 cup seeded and chopped tomatoes  
2 tbsp. chopped fresh basil  
1 1/2 tbsp. balsamic vinegar  
1 tsp. olive oil  
1/2 tsp. chopped garlic  
1/2 tsp. Italian seasoning  
1/4 tsp. black pepper  
One 5-oz. raw boneless skinless chicken breast cutlet, pounded to 1/4-inch thickness  
1/4 cup (about 2 large) egg whites  
1/4 cup whole-wheat panko breadcrumbs  
1/8 tsp. salt

### Directions

In a medium bowl, combine tomatoes, basil, balsamic vinegar, olive oil, garlic, 1/4 tsp. Italian seasoning, and 1/8 tsp. black pepper. Stir to mix.

Place chicken in a wide bowl, and top with egg whites. Flip to coat.

In another wide bowl, combine breadcrumbs, salt, remaining 1/4 tsp. Italian seasoning, and remaining 1/8 tsp. black pepper.

Shake chicken to remove excess egg whites, and coat with seasoned breadcrumbs.

Bring a skillet sprayed with nonstick spray to medium heat. Cook chicken for about 4 minutes per side, until cooked through.

Top chicken with tomato mixture. Cover and cook until hot, about 2 minutes.

#### MAKES 1 SERVING

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