



## Grilled Chicken Caprese Salad



Entire recipe: 293 calories, 10g total fat (2.5g sat fat), 689mg sodium, 14.5g carbs, 4.5g fiber, 8g sugars, 35.5g protein

**Green Plan [SmartPoints](#)® value 5\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 3\***

**Purple Plan [SmartPoints](#)® value 3\***

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



Tagged: [Lunch & Dinner Recipes](#), [Single Serving](#), [30 Minutes or Less](#)

### Ingredients

One 4-oz. raw boneless skinless chicken breast cutlet  
Dash each salt and black pepper  
2 plum tomatoes, halved and seeded  
1/8 tsp. garlic powder  
3 cups chopped romaine lettuce  
1 stick light string cheese, sliced into coins  
1 tbsp. finely chopped fresh basil  
2 tbsp. light balsamic vinaigrette dressing

### Directions

Bring a grill pan (or large skillet) sprayed with nonstick spray to medium heat. Add chicken, and season with salt and pepper. Place tomato halves in the pan, cut sides up, and season with garlic powder. Cook for about 4 minutes per side, until chicken is cooked through and tomatoes have charred and softened.

Place lettuce on a large plate or in a large bowl.

Slice or chop chicken and tomatoes, and place over lettuce.

Top with cheese and basil.

Drizzle with dressing, or serve it on the side.

**MAKES 1 SERVING**

[SmartPoints](#)® value\* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

\*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.