



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

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



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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

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