



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

[Click for WW Points® value*](#)

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



More: [Lunch & Dinner Recipes](#), [Single Serving](#), [30 Minutes or Less](#), [Gluten-Free](#)

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

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.