

Skillet Bruschetta Chicken

Plain baked chicken breasts can get boring. Try this flavor-packed high protein main dish to make chicken fun again.

INGREDIENTS

- 1 cup cherry tomatoes, quartered
- 4 tablespoons extra-virgin olive oil, divided
- 1 tablespoon finely chopped shallot
- 1 tablespoon chopped fresh basil, plus leaves for garnish (optional)
- 2 teaspoons red-wine vinegar
- 1 medium clove garlic, finely chopped
- 3/4 teaspoon ground pepper, divided
- 1/4 teaspoon salt, divided
- 4 (4-ounce) chicken cutlets
- 4 (1-ounce) slices part-skim low-moisture mozzarella cheese
- 4 teaspoons balsamic glaze

DIRECTIONS

STEP 1

Place tomatoes in a small bowl; add 1 tablespoon oil, shallot, basil, vinegar, garlic, 1/4 teaspoon pepper and 1/8 teaspoon salt. Toss to combine; set aside.

STEP 2

Pat chicken dry using paper towels; sprinkle with the remaining 1/2 teaspoon pepper and 1/8 teaspoon salt.

STEP 3

Heat the remaining 3 tablespoons oil in a large skillet over high heat. Add the chicken; cook, undisturbed, until golden brown on the bottom. Flip the cutlets and top each with a cheese slice. Cover the pan with a lid or baking sheet; cook until the cheese is melted and a thermometer inserted into the thickest part of the chicken registers 165°F.

STEP 4

Transfer the chicken to individual plates or a platter; top with the tomato mixture and drizzle with balsamic glaze. Garnish with basil leaves, if desired.

NUTRITION FACTS

Serving Size: 1 cutlet & 1/4 cup of tomato mixture | Total servings: 4
Per Serving: 365 calories, 1g carbohydrates, 1g fiber, 5g sugars, 32g protein, 23g total fat, 6g saturated fat, 105mg cholesterol



Wisconsin Athletic Club

www.thewac.com/recipes