



Bruschetta Chicken

Ingredients:

For the chicken:

- 4 chicken breasts, about 6 oz each
- 3 teaspoons olive oil
- 2 tbs balsamic vinegar
- 2 cloves garlic, minced
- 1 tsp Italian seasoning
- ½ tsp salt

For the bruschetta:

- 2 cups cherry tomatoes, halved
- 3 cloves garlic, minced
- ½ small red onion, chopped
- 1 tsp balsamic vinegar
- 1 tsp olive oil
- ½ cup chopped basil
- ½ tsp salt
- One packet Diet Right Cheese Sauce

Directions:

1. Add the chicken breasts to a 9x13 baking dish.
2. Add the oil, balsamic vinegar, garlic Italian seasoning, and salt to a small bowl and whisk to combine. Pour over chicken and turn to coat.
3. Let chicken set for 10 minutes while you preheat the oven to 425°F.
4. Place chicken in the oven and bake for 25-30 minutes.
5. While the chicken is baking, add the ingredients for the bruschetta to a bowl and toss to combine.
6. When chicken is cooked, remove from the oven and top with cheese sauce.
7. Pour the bruschetta over the chicken and return to the oven for 5 minutes to melt the cheese and warm the tomatoes.

Servings: makes 4 servings.

Each serving = 6 oz. lean protein, 3/4 cup vegetables, ¼ protein product, 1 serving healthy oil, 1/8 tsp salt.

716-320-1515
DietMentor.com
info@dietmentor.com