Bruschetta Chicken

Ingredients

4 boneless, skinless chicken breasts
1 tsp (5 ml) dried basil
½ tsp (2.5 ml) cracked black pepper
1 cup (250 ml) prepared bruschetta topping
1/2 cup (125 ml) Italian cheese blend
1/4 cup (60 ml) grated Parmesan cheese

Preparation

Pound chicken breasts with a meat mallet or small sauce pan to a ½ inch, even thickness. Sprinkle with dried basil and black pepper.

Lightly spray a large oven proof skillet (e.g., cast iron) with non-stick spray and heat on medium. Cook chicken breasts until browned on both sides, about 10 minutes per side, and internal temperature of thickest part reads 165 F (74C).

Turn on broiler and position a rack about 4-6 inches from the heat.

Spoon bruschetta topping over chicken, top chicken with cheeses.

Broil for 5-6 minutes until cheese is melted and bubbly.

Serve with pasta, rice or crusty bread.

Nutrition Facts

Serving Size 1 Serving
Serves 4

Amount Per Serving	
Calories	238
	% Daily Value*
Total Fat 9.6g	**12%**
Cholesterol 95.5mg	**32%**
Sodium 318.7mg	**14%**
Total Carbohydrate 4.1g	**1%**
Sugars 3.6g	
Protein 31.9g	**64%**

Vitamin A	6%	Vitamin C	0%