PESTO BRUSCHETTA CHICKEN

INGREDIENTS:

- 4 organic chicken breasts
- 4 slices fresh mozzarella
- 2T olive oil
- 1 tsp sea salt
- Fresh ground black pepper, to taste

BASIL PESTO:

- 2 cups basil leaves
- 1 cup pine nuts
- 1/2 cup freshly grated parmesan cheese
- 2 cloves of garlic
- 1/3 cup olive oil

TOMATO BRUSCHETTA:

- 10 oz halved cherry tomatoes
- 3 cloves of minced garlic
- 1/4 tsp freshly ground pepper
- 1/4 tsp sea salt
- '2T olive oil
- 1T white balsamic vinegar
- 1T lemon juice
- 4 leaves fresh basil, cut into thin strips



Directions:

1. Heat oven to 400°F with a rack in the middle position. Alternatively heat your outside charcoal or gas grill to medium high heat.
2. Place all ingredients for the pesto into a small food processor and pulse until combined. Set aside.
3. In a small bowl, toss together all ingredients for the tomato bruschetta. Set aside to let the flavors mingle.
4. Pat the chicken dry and rub with olive oil and sprinkle with salt and pepper.
5. For baking the chicken in the oven: Place the chicken breasts in a baking dish and bake until the internal temperature of the chicken is 165° F. About 20-30 minutes depending on the size of your chicken breast. When the chicken is almost done baking, place a slice of fresh mozzarella on each breast. Remove from oven when it is slightly melted but not dripping down the sides of the chicken.
6. For grilled chicken: Place the chicken on the grill and cook until the internal temperature of the chicken is 165° F. When the chicken is almost done being grilled, place a slice of fresh mozzarella on each breast. Remove from the grill when it is slightly melted but not dripping down the sides of the chicken.
7. Top the mozzarella slices with a scoop of pesto and a scoop of bruschetta. Serve immediately. Makes 6 servings.

NUTRITION PER SERVING:

Calories 392, Protein 28g, Carbs 7g, Fiber 0g, Fat 31g, Sat fat 6g, Chol 62mg, Sodium 246mg

Reference: https://themodernproper.com/

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