



Northeast Georgia Medical Center

BARIATRIC WEIGHT LOSS CENTER



Bruschetta Chicken

Serving Size: 3-4oz

Ingredients:

- 1 large chicken breast (sliced in half lengthwise)
- 1 Tbsp olive oil, plus more olive oil to drizzle
- ½ cup reduced fat Italian blend shredded cheese
- 1 tsp Italian seasoning
- 2 medium roma tomatoes, finely diced
- 1oz fresh basil, thinly sliced
- 1 lemon, cut into 4 wedges
- Kosher salt
- Black pepper



Steps:

1. Move oven rack to the top. Preheat oven to 425° Fahrenheit.
2. Spray a small sheet pan with non-stick cooking spray.
3. Season chicken breast with salt and pepper to taste then transfer to greased sheet pan
4. In a small bowl combine the 1 Tbsp of olive oil, shredded cheese and Italian seasoning. Spread mixture evenly over the chicken breasts. Place chicken in preheated oven and bake for 15-25 minutes.
5. While the chicken is cooking grab a medium size bowl. Combine the diced tomatoes, basil, juice of 2 lemon wedges, a drizzle of olive oil and salt and pepper to taste.
6. When the chicken is done you can place it under a low broil to brown the cheese a little more.
7. When the chicken is ready, remove it from the oven, top it with the bruschetta and serve.

Nutrition Facts (per serving):

Calories: 295, Protein: 32g, Fat: 11g, Saturated Fat: 3g, Carbohydrates: 6g, Sugars: 3g, Sodium: 526mg