



## Chicken Bruschetta

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### Directions:

1. In a sauté pan, heat olive oil over medium heat. Add garlic and stir, cooking for about a minute. Pour into a mixing bowl and allow to cool slightly.
2. Add tomatoes, onion, balsamic, basil, and salt and pepper to the bowl. Toss to combine. Refrigerate 30 minutes to 2 hours (up to overnight).
3. Season chicken breasts with Mrs. DASH, bake at 350F for 25-30 minutes or until internal temperature of 165F.
4. Stir tomato mixture (bruschetta) and spoon a generous amount of bruschetta topping over the top of chicken. Sprinkle grated parmesan over the top.

*Nutrition Facts: 211 cal, 6 g fat, 11 g carb, 32 g pro, 223 mg Na+, 1 g fiber*

### Ingredients:

1 teaspoon olive oil  
2 cloves garlic, minced  
1 cup diced red tomatoes  
1 small red onion, diced  
1 Tablespoon whole basil leaves, chiffonade  
1 teaspoon balsamic vinegar  
1/2 teaspoon Mrs. DASH  
4 boneless, skinless chicken breasts  
Sprinkle grated Parmesan cheese

**Yield:** 4 servings

**Time:** 40 minutes to 2 hours