

Grilled Bruschetta Chicken

8 ingredients · 30 minutes · 4 servings



Directions

1. Preheat the grill to medium heat. Add the chicken breasts, season with sea salt and black pepper, and cook for about 10 to 15 minutes per side, or until cooked through.
2. In a small bowl, combine the tomatoes, red onion, garlic, basil, olive oil, and balsamic vinegar. Season with sea salt and black pepper to taste.
3. To serve, top the chicken breasts with the bruschetta mix. Enjoy!

Notes

Serve it With

Serve with grilled or roasted vegetables, quinoa or rice or your favorite leafy green.

Cheese Lover

Sprinkle with feta, goat cheese or shredded mozzarella before serving.

No Grill

Bake the chicken breasts in the oven at 350°F (177°C) for 30 minutes.

Ingredients

- 1 lb Chicken Breast
- Sea Salt & Black Pepper (to taste)
- 3 Tomato (medium, diced)
- 1/2 cup Red Onion (finely diced)
- 2 Garlic (cloves, minced)
- 1/4 cup Basil Leaves (chopped)
- 1 tbsp Extra Virgin Olive Oil
- 1 tbsp Balsamic Vinegar

Nutrition

Amount per serving

Calories	193	Vitamin C	16mg
Fat	7g	Calcium	23mg
Saturated	1g	Iron	1mg
Carbs	6g	Vitamin D	1IU
Fiber	1g	Vitamin B6	1.0mg
Sugar	1g	Folate	40µg
Protein	27g	Vitamin B12	0.2µg
Cholesterol	82mg	Magnesium	43mg
Sodium	88mg	Zinc	1mg
Potassium	601mg	Selenium	26µg
Vitamin A	1420IU		