

WELLNESS CONNECTION

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SEPTEMBER 2020

NOURISHING YOU - Caprese Chicken

Recipe by Leana Coffey

Low-carb, gluten-free Serves 4

Prep Time: 10 minutes | Cook Time: 15 minutes |

Total Time: 25 minutes

This is the time of year that fresh tomatoes are overflowing from gardens and are readily available at farmers markets. If you love the classic Caprese combination of fresh basil and mozzarella with vine-ripened tomatoes, this recipe won't disappoint. Use fresh ingredients to bring out the flavors for the ultimate late summer recipe.



Photo Credit: OurSaltyKitchen.com

Ingredients

- 4 5-7 oz. boneless, skinless chicken breasts, pounded to even thickness
- 2 tsp. Italian seasoning
- 2 tsp sea salt or kosher salt
- 1 tsp. garlic powder
- 1 tsp. onion powder
- 1 tsp. cracked black pepper
- 1 tbsp. olive oil
- 8 oz. fresh mozzarella, sliced into 8 even pieces
- 2 vine-ripened tomatoes, sliced into 1/2" slices
- Fresh basil, to taste
- Aged balsamic vinegar or balsamic glaze, to taste

Instructions

1. Prepare the chicken. Place one chicken breast onto a sheet of parchment paper. Fold the paper over the chicken. Using a rolling pin, pound the chicken breast to even thickness of a little less than 1". Set aside and repeat with the remaining chicken breasts.
2. Combine the Italian seasoning, sea salt, garlic powder, onion powder, and pepper in a small bowl. Stir to combine.
3. Brush the chicken with olive oil, then sprinkle with the seasoning blend. Flip the chicken over to oil and season the other side.
4. Heat a grill or grill pan over high heat. Place the chicken breasts onto the grill and cook 5-6 minutes per side or until almost done.
5. Top each chicken breast with 2 slices of fresh mozzarella. Continue grilling 3 minutes or until the cheese is melted and the internal temperature reads 165°
6. Place the chicken breasts onto a platter or individual plates. Top each chicken breast with 2-3 slices of fresh tomatoes, then sprinkle with fresh basil and additional salt and pepper to taste. Just before serving, drizzle with aged balsamic vinegar or balsamic glaze.

Nutrition Information: Calories 391 | Carbs 8g | Fat 18g | Protein 49g

