

**CAPRESE BALSAMIC BAKED CHICKEN BREASTS** 4 portions**INGREDIENTS**

- 2 cups cherry tomatoes, halved
- 1 small red onion, thinly sliced
- salt and fresh ground pepper, to taste
- 1/2 teaspoon dried basil
- 4 [1 pound total] boneless, skinless chicken breasts
- 1/2 tablespoon olive oil
- salt and fresh ground pepper, to taste
- 1/2 teaspoon dried oregano
- 4 cloves garlic, minced
- 1/2 tsp sugar
- 3 tablespoons balsamic vinegar
- 1 cup shredded mozzarella cheese
- chopped fresh basil dried basil, or chopped fresh parsley, for garnish
- 1/2 teaspoon dried basil

**COOKING METHOD**

- 1° Preheat oven to 425F.
- 2° Lightly spray a 9x13 baking dish with cooking spray.
- 3° Arrange prepared tomatoes and red onions on the bottom of the baking dish; season with salt, pepper, and dried basil. Stir and set aside.
- 4° Drizzle olive oil over chicken breasts.
- 5° Season chicken breasts with salt, pepper, basil, and oregano.
- 6° Take the minced garlic with your fingers and rub it all over each chicken breast, rubbing in the seasonings at the same time.
- 7° Arrange the chicken breasts over the tomatoes; set aside.
- 8° In a small mixing bowl, combine balsamic vinegar and sweetener; whisk until well incorporated.
- 9° Drizzle the balsamic vinegar over the chicken and tomatoes; flip chicken over to coat all around.
- 10° Bake for 23 to 25 minutes, or until chicken is done. Depending on the thickness of your chicken, it may need less or more time to cook through.
- 11° Remove from oven and add shredded cheese over each chicken breast.
- 12° Continue to bake for 3 to 4 minutes, or until cheese is melted.
- 13° Remove from oven and let stand 5 minutes.
- 14° Drizzle sauce over chicken.
- 15° Garnish with basil or parsley, and serve.

## NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (245 g)	% DRI
ENERGY	104 kcal	254 kcal	13 %
FAT	4 g	9 g	14 %
FATTY ACIDS, TOTAL SATURATED	1 g	3 g	17 %
CHOLESTEROL	39 mg	96 mg	32 %
SODIUM	116 mg	283 mg	12 %
CARBOHYDRATE	4 g	10 g	3 %
SUGARS	2 g	6 g	—
FIBER	1 g	1 g	6 %
PROTEIN	13 g	32 g	—