



Chicken Bruschetta

3 medium tomatoes, diced
2 small cloves garlic, minced
1/4 cup chopped red onion
2 tbsp fresh basil leaves, chopped
1 tbsp extra virgin oil
1 tbsp balsamic vinegar
fresh cracked pepper to taste
3 oz fresh part-skim mozzarella, diced
1.25 lbs chicken breast, boneless, skinless

Combine onion, olive oil, balsamic vinegar, tomatoes and pepper. Set aside a few minutes. Toss in the cheese when ready to serve.

Grill chicken; slice into thin pieces. Top with bruschetta and serve. Makes 6 small servings.

Nutrition information per serving: 158 calories, 22 grams protein, 6 grams fat, 5 grams carbohydrate, 122 mg sodium.