

Grilled Bruschetta Chicken

4 SERVINGS 30 MINUTES



INGREDIENTS

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

NUTRITION

AMOUNT PER SERVING

Calories	190	Iron	1mg
Fat	7g	Vitamin D	1IU
Carbs	5g	Folate	40µg
Fiber	1g	Magnesium	42mg
Protein	27g	Zinc	1mg
Vitamin C	16mg		

DIRECTIONS

- 01 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.
- 02 In a small bowl, combine the tomatoes, red onion, garlic, basil and olive oil. Season with sea salt and black pepper to taste.
- 03 To serve, top the chicken breasts with the bruschetta mix. Enjoy!

NOTES

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BAKE INSTEAD

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