

21 Day Fix Bruschetta Chicken

Ingredients:

Bruschetta Topping

6 medium	roma tomatoes, chopped finely
¼ cup	fresh basil leaves chopped finely
½ teaspoon	sea salt
1 tablespoon	balsamic vinegar
¼ teaspoon	black pepper
1 ½ tablespoons	olive oil

Chicken

2 pounds	boneless skinless chicken breast
2 ½ tablespoons	Italian seasoning
2 tablespoons	lemon juice
2 tablespoons	balsamic vinegar
2 tablespoons	olive oil
2 cloves	garlic, minced
½ teaspoon	black pepper
¼ teaspoon	sea salt
¼ cup	Parmesan cheese (I used about 1/4 cup - use more or less depending on your personal preference ~ I like the DiGiorno Parmesan cheese or Kroger Private Selection found in the dairy case best)

Directions:

1. Mix together bruschetta ingredients in bowl and refrigerate until ready to serve.
2. Place chicken in gallon bag.
3. Mix together remaining ingredients for chicken and pour over chicken.
4. Refrigerate at least 1 hour, longer if you have time (overnight is best, but I only had one hour and it was still delicious!)
5. Let chicken sit at room temperature for 30 minutes.
6. Heat oven to 350.
7. Place chicken in baking dish, discard marinade.
8. Cook 30-40 minutes, until chicken is cooked through. (Can also grill chicken on grill if you prefer, 5 minutes per side.)
9. Serve bruschetta on top of chicken, garnish with a little extra Parmesan if desired. Can also serve over pasta.

21 Day Fix Counts

4 oz chicken topped with 1/2 - 1 cup bruschetta salsa = 1 red, 1/2 green, 1/2 blue, and 1 tsp

