



Chicken Caprese

Active Time: 20 minutes | **Total Time:** 20 minutes | **Serves:** 4

Nutrition Information Per Serving

340.5 calories, 4.85 g carbohydrate, 0.53 g fiber, 4.32 g NET carbs, 21.75 g protein, 25.49 g fat

Ingredients

- 1 medium organic tomato, sliced thick
- 1/2 tsp(s) sea salt
- 24 leaves(s) fresh basil, chopped
- 4 ounce(s) fresh organic mozzarella, sliced thick
- 1/2 tsp(s) freshly ground black pepper
- 1/4 cup(s) organic balsamic vinegar
- 2 Tbsp(s) organic avocado oil
- 1/2 whole - 2lb.(s) Chicken, Pasture-Raised

Preparation

1. Preheat an oven to 375 F. Grease a shallow, oven-safe pan and set aside.
2. Split the breasts and pound to $\frac{1}{2}$ inch thickness.
3. Slice chicken in the middle to open a pocket for stuffing.
4. Drizzle half the balsamic vinegar over the sliced mozzarella to absorb.
5. Fill each breast equally with tomato, mozzarella and basil. Season with salt and pepper.
6. Preheat a cast-iron skillet and add half the avocado oil. Using tongs, sear chicken breasts for 2-3 minutes on each side to brown.
7. Place chicken in shallow baking dish. Drizzle with remaining oil and vinegar. Bake for 10-15 minutes, or until internal temperature reaches 165 F.
8. Serve.

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