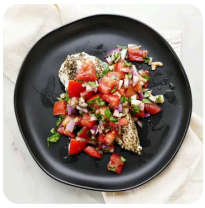
the center
For Naturopathic Medicine & Functional Nutrition



Chicken Bruschetta

Prep time	Total time	Meal type	Servings
15 minutes	30 minutes	Lunch, Dinner	4

Chicken

Ingredients

- 2 lb chicken breast, boneless and skinless
- 2 Tbs olive oil
- 2 cloves garlic, *minced*
- 1 Tbs Italian seasoning (or other herb mix)
- salt, *to taste*
- black pepper, *to taste*

Directions

Prep

1. Pat chicken breasts dry and place in a glass baking dish or deep bowl.
2. Preheat oven to 375° F.
3. Mince garlic.

Make

1. Whisk together olive oil, garlic, and Italian seasoning. Pour into the glass baking dish or deep bowl and add chicken. Turn to coat and let stand for 10 minutes.
2. Place chicken on a parchment-lined baking sheet, sprinkle with Italian seasoning, and season with salt and pepper. Bake for about 20 minutes until the internal temperature reaches 165° F.
3. Meanwhile, prepare bruschetta topping.
4. Remove chicken from oven and top with bruschetta mixture.
5. Serve immediately.

Bruschetta Topping

Ingredients

- 4 tomatoes, Roma (or other tomato)
- 1/4 cup onion, red, *chopped*
- 1/2 cup basil, fresh, *chopped*
- 2 Tbs olive oil
- 1 Tbs balsamic vinegar (or other vinegar)
- 2 cloves garlic, *minced or pressed*
- salt, *to taste*
- black pepper, *to taste*

Directions

Prep

1. Chop tomatoes and basil.
2. Mince garlic.

Make

1. Add all ingredients to a bowl and stir to combine. Season with salt and pepper.

Nutrition Facts

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Amount per serving

Calories **358**

	% Daily Value*
Total Fat 12g	**15%**
Saturated Fat 2g	**9%**
Trans Fat N/A	
Cholesterol 129mg	**43%**
Sodium 123mg	**5%**
Total Carbohydrates 6g	**2%**
Dietary Fiber 1g	**3%**
Total Sugars 3g	
Protein 52g	
Vitamin D N/A	0%
Calcium 81mg	6%
Iron 3mg	15%
Potassium 629mg	13%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Source Living Plate

Notes

Disclaimer

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each 'NA' indicates a missing or incomplete value.
Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only