

Healthy Bruschetta Chicken (Servings 4)

Ingredients:

- 3 or 4 chicken breasts
- 2 Tbs. olive oil (use 0 cal spray, if on the STTFP Plan)
- 4 or 5 small tomatoes, chopped
- 1 clove garlic, minced
- ½ small red onion, chopped (omit if on the STTFP Plan)
- 1 tsp. balsamic vinegar
- ⅛ tsp. sea salt
- Handful basil, chopped

Directions:

1. Preheat oven to 400 degrees F. Rub chicken breasts with 1 Tbsp. olive oil, and season with salt and pepper. Bake for about 10 minutes. Flip, and cook for another 15 or until the juices run clear.

2. In the meantime, combine chopped tomatoes, garlic, onion, olive oil, balsamic vinegar, sea salt and basil in a bowl. Place bowl in refrigerator until chicken is ready. Spoon over chicken and enjoy!

