

YIELD: 4 SERVINGS

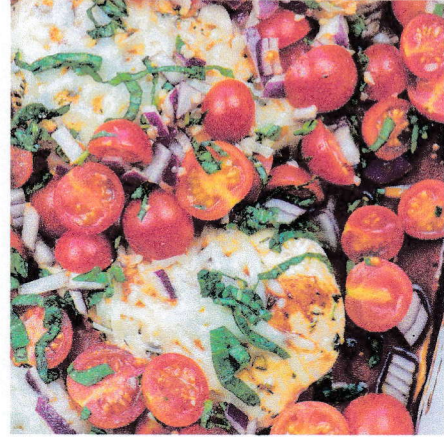
# Bruschetta Chicken

Juicy marinated chicken topped off with a flavorful mix of tomatoes, onions, and basil. This low carb recipe is bursting with flavor!

**PREP TIME**  
15 minutes

**COOK TIME**  
30 minutes

**TOTAL TIME**  
45 minutes



## Ingredients

### For the chicken:

- 4 chicken breasts, about 6 ounces each
- 2 tablespoons olive oil
- 2 tablespoons balsamic vinegar
- 2 cloves garlic, minced
- 1 teaspoon Italian seasoning
- ½ teaspoon salt
- ¾ cup shredded mozzarella

### For the bruschetta:

- 1 ½ cups cherry tomatoes, halved
- 3 cloves garlic, minced
- ½ small red onion, chopped
- 1 teaspoon balsamic vinegar
- 1 teaspoon olive oil
- ½ cup chopped basil
- ½ teaspoon salt



- *During preparation, you can use chopped plum tomatoes instead of cherry tomatoes*
- *No need to cover chicken while cooking*

## Instructions

Add the chicken breasts to a 9x13 baking dish.

Add the oil, balsamic vinegar, garlic, Italian seasoning, and salt to a small bowl and whisk to combine. Pour over the chicken and turn to coat.

Let chicken set for 10 minutes while the oven heats to 425 degrees.

Place chicken in the oven and bake for 25-30 minutes or until chicken reaches 165 degrees.

While the chicken is baking, add all of the ingredients for the bruschetta to a bowl and toss to combine.

When chicken is cooked through, remove from the oven and top with the mozzarella. Pour the bruschetta over the chicken and return to the oven for 5 minutes to melt the cheese and warm the tomatoes.

## Nutrition Information

Yield 4

Serving Size 1

Amount Per Serving

**Calories** 355

**Total Fat** 18g

Saturated Fat 6g

Trans Fat 0g

Unsaturated Fat 10g

**Cholesterol** 64mg

**Sodium** 833mg

**Carbohydrates** 6g

Net Carbohydrates 5g

Fiber 1g

Sugar 3g

**Protein** 45g

*All information and tools presented and written within this site are intended for informational purposes only. This information is provided as a courtesy and there is no guarantee that the information is accurate.*

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**CUISINE:** italian / **CATEGORY:** Chicken

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