

# Roasted Chicken Caprese with Tomato, Fresh Mozzarella, Basil, and Aged Balsamic

## YIELD: 6 SERVINGS

Gluten-free  
FODMAP friendly

## RECIPE CUSTOMIZATION

To make it dairy-free, swap cheese for a dairy-free alternative

## INGREDIENTS

3 chicken breasts, cut into 4 oz cutlets

Salt, kosher (to taste)

Pepper (to taste)

1 Tbsp avocado oil

3 fresh tomatoes, sliced ¼ inch thick

8 oz fresh mozzarella sliced

½ cup chicken stock

3 cups quinoa, cooked according to the instructions on the package

6 pieces sun-dried tomatoes

2 oz aged balsamic vinegar

1 cup basil leaves, torn

## DIRECTIONS

1. Preheat oven to 400°F.
2. Season the chicken cutlets with salt and pepper.
3. Place the avocado oil (1 Tbsp) in a sauté pan. Heat on medium.
4. Place the seasoned chicken in the pan. Cook until well browned.
5. Flip the chicken and turn off the heat. Top each chicken cutlet with a slice of fresh tomato, a slice of fresh mozzarella, and a sprinkle of salt.
6. Place in the oven. Roast for six minutes or until the cheese is melted and the chicken is cooked through (165°F internally). Remove the chicken from the pan and set aside.
7. Pour the chicken stock (1/2 cups) into the same pan. Over medium heat, swirl to deglaze any browned bits. Add the quinoa (3 cups) and toss. Cook until the quinoa is heated through. Add salt to taste.
8. Plate the quinoa topped with the chicken. Serve topped with sun-dried tomato, aged balsamic, and torn basil leaves.



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### NUTRITION FACTS

Serving size 1 (11.2oz)

Amount Per Serving 317g

**Calories** 360

% Daily Value

**Total Fat** 7.6g 12%

Saturated Fat 1.4g 7%

**Cholesterol** 81mg 27%

**Sodium** 778mg 32%

**Total Carbohydrate** 27g 9%

Dietary Fiber 4g 18%

Sugars 5g

**Protein** 44g 89%

Vitamin A 19%

Vitamin C 17%

Calcium 41%

Iron 17%