



Bruschetta Chicken

Balsamic Glazed Chicken Breast, Thin Sliced Provolone Cheese & a Big 1/4 cup Scoop of Bruschetta

This simple sandwich is light, fresh and full of flavor. We simply season a chicken breast with salt and pepper, then glaze it with a sweet and tangy balsamic syrup. It then gets served over provolone cheese, lettuce, and a big scoop of bruschetta, before getting drizzled with a balsamic pan sauce.

Servings Info.:

Yields: 4 sandwiches
 Servings: 4
 Serving Size: 1 sandwich



*- last checked 02/09/24 -
 Listed Points DO NOT INCLUDE BREAD! Use
 whatever brand bread you want, then add my points to it.*

Ingredients:

Chicken Breasts:

- (4) 4oz boneless, skinless chicken breasts.

Simple Bruschetta:

- 1 large tomato, diced (you want at least 1 cup).
- 1/4 cup fresh basil, loosely packed, finely chopped.
- 2 medium garlic cloves, finely chopped
- 1/2 tsp salt
- 1/4 tsp coarse ground pepper
- 1/4 tsp olive oil
- 3-4 second spray, olive oil cooking spray
- 1-1/2 tsp balsamic vinegar

Balsamic Glaze:

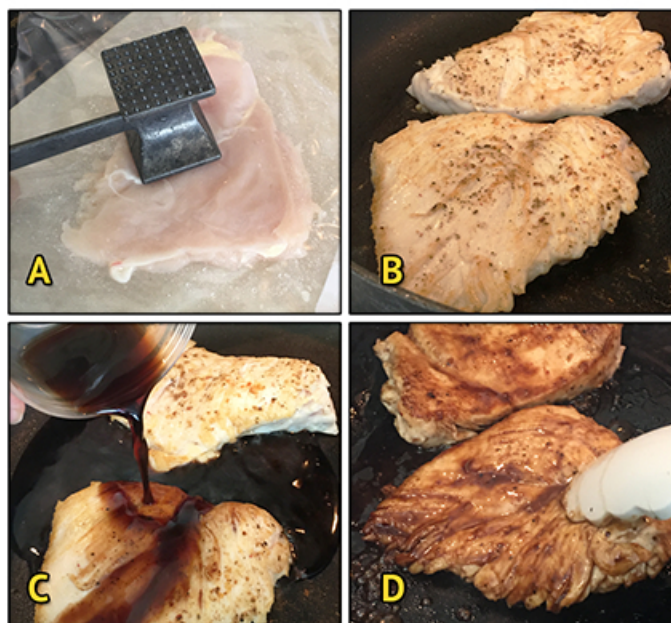
- 2-1/2 Tbsp balsamic vinegar
- 2 Tbsp red wine vinegar
- 1 Tbsp sugar free pancake syrup
- 1 tsp 0 calorie sugar replacement (I used lakanto monkfruit)

Additional Ingredients:

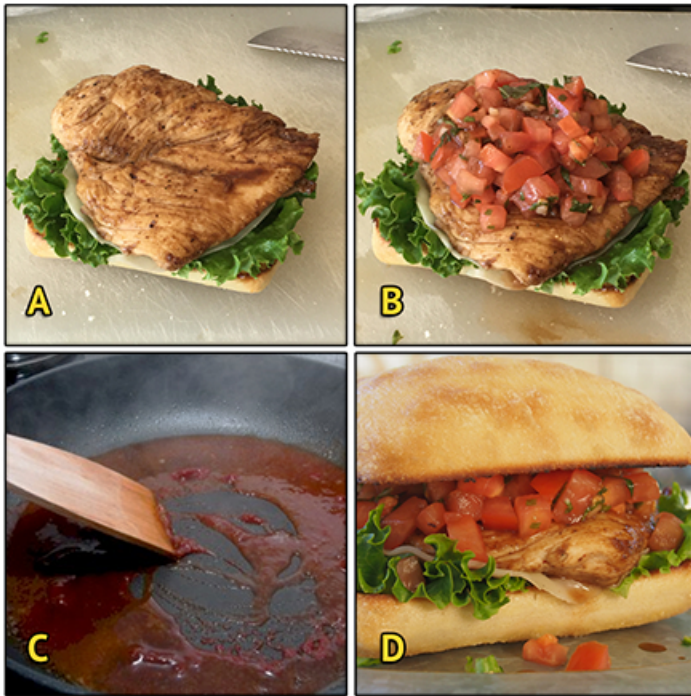
- 4 slices thin sliced provolone cheese (see notes)
- Lettuce, whichever variety you prefer.

Directions:

- 1 Mix together all of the ingredients for the bruschetta. Place in a bowl, cover with plastic wrap and set in the fridge for at least an hour.
- 2 In a small bowl, stir together the balsamic glaze ingredients. Set aside.



- 3 (A) Lightly pound the chicken breasts to make them a little larger and help them cook more evenly. (B) Heat a pan for 1 minute over medium heat. Season chicken with salt and pepper, spray with cooking spray on both sides, then add to the pan. Cook over medium heat for 2 minutes, flip, then cook for 2 additional minutes. (C) Pour the balsamic glaze into the pan with the chicken. Allow the chicken to cook for 1 minute, moving it around the pan. (D) Flip the chicken and cook for 1 more minute, coating with the thickened sauce. Set aside.



NOTES & SUGGESTIONS:

- **BRUSCHETTA:** I always joke that Bruschetta is just the Italian version of Pico de Gallo. This is a simple, no frills Bruschetta recipe. You can bulk it up if you'd like, by adding some diced onion, or more tomato.
- **BALSAMIC GLAZE:** This is my low point take on a Honey Balsamic pan sauce. Rather than using honey, I'm using sugar free pancake syrup. Feel free to use regular maple syrup, or even to use honey... but adjust your points.
- **CHEESE:** 1 slice of thin sliced sargento brand provolone is 1 point and 40 calories. NORMAL sliced provolone is usually 3 to 4 points per slice. If you can't find thin sliced provolone cheese at your supermarket, go to the deli section and ask them to slice some provolone for you, as thin as possible. Then when you get home, weigh a slice on your food scale and trim a little off, just like in the "cut the cheese" hack in the foundations section.

- 4 (A) Toast your bread o' choice, then place some lettuce onto the bottom bun, followed by a slice of the provolone cheese. Set one of the glazed chicken breasts on top of the cheese, then get your bruschetta out of the fridge. (B) Place a 1/4 cup scoop of bruschetta on top of the chicken, arranging it into a nice mound. (C) Now, heat up the pan you used to cook the chicken in. Pour in a little water, to deglaze the pan and create a little more thickened balsamic sauce. Drizzle some of the sauce onto the bruschetta on each sandwich. (D) Cover with the top bun.

