



## Grilled Bruschetta Chicken

4 servings  
30 minutes

### Ingredients

1 lb Chicken Breast  
Sea Salt & Black Pepper (to taste)  
3 Tomato (medium, diced)  
1/2 cup Red Onion (finely diced)  
2 Garlic (cloves, minced)  
1/4 cup Basil Leaves (chopped)  
1 tbsp Extra Virgin Olive Oil  
1 tbsp Balsamic Vinegar

### Directions

- 1 Preheat the grill to medium heat. Add the chicken breasts, season with sea salt and black pepper, and cook for about 10 to 15 minutes per side, or until cooked through.
- 2 In a small bowl, combine the tomatoes, red onion, garlic, basil, olive oil, and balsamic vinegar. Season with sea salt and black pepper to taste.
- 3 To serve, top the chicken breasts with the bruschetta mix. Enjoy!

### Notes

**Serve it With,** Our Grilled Asparagus or Pan Fried Zucchini Slices. Add rice, pasta, flatbread or quinoa for more carbs.

**Cheese Lover,** Sprinkle with feta, goat cheese or shredded mozzarella before serving.

**No Grill,** Bake the chicken breasts in the oven at 350°F (177°C) for 30 minutes.