

Chicken

Chicken Caprese

Women's Day Magazine

Servings: 4

2 tablespoons "Mrs Dash" Tomato Basil Garlic Blend

4 boneless/ skinless chicken breasts

8 cherry tomatoes, cut in quarters

4 low-fat tiny mozzarella balls, cut into quarters

1 tablespoon olive oil

2 teaspoons red wine vinegar

cooking spray

Preheat oven to 350 degrees.

Spray a 9x9x2-inch baking dish with cooking spray.

Toss tomatoes with Mrs. Dash blend.

Lightly flatten each breast to 1/4-inch thickness. Place tomatoes and four quarters of mozzarella ball on each chicken breast. Roll up and secure with a toothpick.

Place breasts in baking dish. Drizzle with olive oil, vinegar and remaining one tablespoon of "Mrs. Dash" blend.

Bake for about 30 minutes. Remove from oven, cover lightly with foil and let rest for 10 minutes.

Per Serving (excluding unknown items): 37 Calories; 3g Fat (79.7% calories from fat); trace Protein; 2g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 3mg Sodium. Exchanges: 1/2 Vegetable; 1/2 Fat; 0 Other Carbohydrates.