

# Healthy Recipe of the Week

*Use Organic ingredients whenever possible.*

## Bruschetta Chicken

From [www.tastykitchen.com](http://www.tastykitchen.com)

Serves 8

1 Tbsp olive oil

5 cloves garlic, finely minced

1 pint red grape tomatoes, halved lengthwise

1 pint yellow grape tomatoes, halved lengthwise (just use another pint of red if you can't find yellow)

1 Tbsp balsamic vinegar

16 whole basil leaves (sliced into slivers)

Salt and black pepper to taste

8 whole boneless, skinless chicken breasts, cut in half to create two thin breasts

Salt and pepper to taste

Freshly grated or shaved parmesan

1. In a small skillet, heat olive oil over medium-high heat. Add garlic and stir, lightly frying for about a minute, removing before the garlic gets too brown (it can be golden). Pour into a mixing bowl and allow to cool slightly.
2. Add tomatoes, balsamic vinegar, basil and salt and pepper to the bowl. Toss to combine, then taste and add more basil if needed, and more salt and pepper to bowl (don't over salt, though!) Cover and refrigerate for an hour or two if you have the time.
3. Season chicken breasts with salt and pepper, then grill or sauté them until done in the middle.
4. To serve, give the tomato mixture a final stir. Arrange chicken breasts on a plate (2 at a time) then spoon a generous amount of bruschetta topping over the top.