

OPEN FACED CHICKEN BRUSCHETTA SANDWICHES

Ingredients

- 4 slices whole grain bread or 1 whole wheat baguette, sliced
 - 2 teaspoons olive oil
 - 4 thin slices mozzarella cheese
 - 1 pound skinless, boneless chicken breast cutlets
 - Salt and pepper to taste
 - 1 tablespoon canola oil
 - 2 teaspoons Italian seasoning
 - 3 roma tomatoes, chopped
 - 1/3 red onion, chopped
 - 1 clove garlic, chopped
 - 2 teaspoons olive oil
 - 1 teaspoon balsamic vinegar
 - 1/4 cup fresh basil, chopped
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Instructions

- Preheat oven to 425 degrees F. Place the bread on a baking sheet and drizzle with the oil. Place the bread in the oven and cook for 3-5 minutes, or to desired crispness.
- For the chicken, add the oil and seasonings and set aside. Heat a grill, Panini press, or skillet over medium high heat. Cook for 3-4 minutes per side or until the chicken is cooked through.
- While the chicken and bread are cooking, assemble the bruschetta by combining the tomatoes, onion, garlic, oil, balsamic vinegar, and basil in a bowl. Mix well.
- To assemble the sandwiches, top each slice of bread with 1-2 chicken cutlets (depending on size), then place a slice of cheese over the chicken. Just before serving, top each sandwich with the bruschetta.

Makes 4 Servings

Nutrition: 372 cal; 17g fat; 20g carbs; 35g protein