

Nutrition Facts

Serving Size (231g) Servings Per Container

Calories 27	0 Calor	ies from	Fat 10
		% Da	ily Valu
Total Fat 11	g		179
Saturated	Fat 4g		20 ⁰
Trans Fat	0g		
Cholesterol	125mg		42
Sodium 125	img		5
Total Carbo	hydrate 2	2g	1
Dietary Fi		0	
Sugars 1g]		
Protein 42g			
Vitamin A 6%	6 · '	Vitamin (8%
Calcium 0%	•	lron 15%	
*Percent Daily V diet. Your daily v depending on yo	alues may be	e higher or l	
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber	Less than Less than	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400m 375g 30g

CHICKEN CAPRESE (GLUTEN FREE)

- 4 boneless, skinless chicken breasts
- 8 cherry tomatoes cut in quarters
- 2 T. Mrs. Dash tomato basil garlic
- 4 low-fat tiny mozzarella balls, cut into quarters
- 1 T. plus 1 tsp. olive oil
- 1 T. red wine vinegar
- 1 tsp. balsamic vinegar

Preheat oven to 350° F. Spray a baking tray with cooking spray. Toss tomatoes with 1 tablespoon of Mrs. Dash tomato basil garlic blend. Lightly flatten each breast to 1/4" thickness. Place tomatoes and four quarters of mozzarella ball on each chicken breast. Roll up and secure with a toothpick. Place breasts on baking tray. Drizzle with olive oil, vinegar, and remaining 1 tablespoon of Mrs. Dash tomato basil garlic blend. Bake for 40 minutes or until temperature of chicken reaches 165° F. Remove from oven, cover lightly with foil and let rest for 10 minutes before serving.

NUTRITION FACTS: Serving size: 4 oz breast, 4 servings