



Caprese Chicken

This is 1 serving

1 (4oz.) chicken breast
1 dash black pepper
sea salt
½ tsp. olive oil
2 tomato slices
2 tsp. pesto sauce
1 slice fresh mozzarella
fresh basil leaves
balsamic vinegar

Season both sides of chicken with pepper

Heat oil in medium nonstick skillet over medium heat

Add chicken; cook for 3 to 4 minutes on each side, or until no longer pink in the middle.

Top chicken with 1 tsp. pesto sauce, 1 slice tomato, 2 basil leaves, mozzarella, then 1 tsp. pesto sauce on top of mozzarella and top with another slice of tomato. Season with salt and pepper.

Reduce heat to medium-low; cook, covered, for an additional 1 to 2 minutes, or until cheese is melted and tomatoes are softened. Serve topped with drizzled balsamic vinegar and fresh basil leaves.