



Mozzarella Basil Chicken with Roasted Grape Tomatoes

4 (4 ounce) boneless chicken breast halves	12 large fresh basil leaves	2 ½ cups grape tomatoes, halved
½ cup lite balsamic vinaigrette dressing	2 ounces low-fat skim mozzarella cheese, cut into four slices	4 tablespoons shredded Parmesan cheese

Place chicken breasts into a 1 gallon zip close plastic bag. **Pour** ¼ cup of dressing over chicken. **Marinate** in refrigerator for 30 minutes. **Preheat** oven to 400 degrees F. **Remove** chicken breasts from marinade. **Discard** bag and marinade. Make a deep **slice** into one long side of each chicken breast half, being careful not to cut through to the opposite side. **Fill** each chicken breast pocket with 2 basil leaves, 1 slice of mozzarella cheese, and two grape tomato halves. **Place** chicken on one side of rimmed baking sheet sprayed with nonstick spray;

add tomatoes to the other side of baking sheet. **Sprinkle** each breast half with 1 tablespoon of Parmesan cheese. **Bake** 30 minutes or until chicken reaches an internal temperature of 165 degrees F. **Cut** remaining basil leaves into thin slices and toss with remaining dressing and roasted tomatoes. **Serve** chicken topped with tomato mixture. **Yield:** 4 servings
Nutritional Analysis: 220 calories, 6 g fat, 3 g saturated fat, 85 mg cholesterol, 720 mg sodium, 10 g carbohydrate, 1 g fiber, 5 g sugar, 31 g protein.



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.
<http://plateitup.ca.uky.edu>

Kentucky Tomatoes

SEASON: July through October

NUTRITION FACTS: Tomatoes are rich in nutrients that promote good health, including fiber and vitamins C and A. A medium tomato contains about 25 calories, 20 mg sodium and is a good source of potassium.

SELECTION: Choose firm, well-shaped tomatoes that are fragrant and rich in color. Tomatoes should be free from blemishes, heavy for their size and give slightly to pressure. Three to four medium tomatoes weigh about 1 pound. One pound of tomatoes yields about 2½ cups of chopped tomatoes.

STORAGE: Store ripe tomatoes at room temperature and use them within three days. Keep out of direct sunlight. Place green tomatoes in a paper bag to ripen.

Source: www.fruitsandveggiesmatter.gov

PREPARATION: Wash fresh tomatoes in cool running water.

To peel: Place tomatoes in boiling water for about 30 seconds, then transfer to cold water. Skins will slip off.

To seed: Scrape seeds away from the flesh with a pointed utensil. Avoid puncturing the skin.

To slice: Slice lengthwise to retain juice. A serrated knife works best.

KENTUCKY TOMATOES

Kentucky Proud Project

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