Mozzarella Basil Chicken with Roasted Grape Tomatoes

4 (4 ounce) boneless chicken breast halves
½ cup lite balsamic vinaigrette dressing
12 large fresh basil leaves
2 ounces low-fat skim mozzarella cheese, cut into four slices
2 ½ cups grape tomatoes, halved
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
County Extension Agents for Family and Consumer Sciences
University of Kentucky, Dietetics and Human Nutrition students
June 2015

Educational programs of Kentucky Cooperative Extension Service serve all people regardless of race, color, age, sex, religion, disability, or national origin. For more information, contact your county’s Extension agent for Family and Consumer Sciences or visit www.uky.edu/ces