

# Feta BRUSCHETTA CHICKEN

by  
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Noelle is a dietitian and mom of three boys. She has a passion for educating, inspiring, and supporting others to make the healthiest choices possible with the resources available. Noelle has a blog ([mealsformeandmyminis.wordpress.com](http://mealsformeandmyminis.wordpress.com)) where she shares recipes, nutrition tips, and snapshots of her journey through motherhood.

Noelle also has a private practice ([www.rdservices.ca](http://www.rdservices.ca)) and teaches courses at a Brescia University College in Ontario, Canada.

Nutrition Facts	
servings per container	
<b>Serving size</b>	<b>(273g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>260</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 11g	<b>14%</b>
Saturated Fat 4.5g	<b>23%</b>
Trans Fat 0g	
<b>Cholesterol</b> 110mg	<b>37%</b>
<b>Sodium</b> 290mg	<b>13%</b>
<b>Total Carbohydrate</b> 7g	<b>3%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 5g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 31g	
Vitamin D 0mcg	<b>0%</b>
Calcium 161mg	<b>10%</b>
Iron 2mg	<b>10%</b>
Potassium 725mg	<b>15%</b>
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



**Prep time:** 10 Minutes  
**Cook time:** 45 Minutes  
**Serves:** 4-6 People

## INGREDIENTS:

- **4-6** skinless, boneless chicken breasts
- **6 NatureFresh™** Cocktail Tomatoes
- **1 tbsp** avocado or grapeseed oil
- **1 tbsp** balsamic vinegar
- **1** minced garlic clove OR equivalent in garlic puree
- **1 tbsp** dried basil or **½ tsp** basil puree
- **1 tbsp** dried parsley
- **½-1 cup** crumbled feta

## NUTRITION NOTE:

This recipe is a rich source of lycopene, which is an antioxidant found in Tomatoes that protects against certain types of cancers. Heating Tomatoes increases the availability of lycopene, as does consuming a source of fat at the same time as consuming the Tomatoes. Both are applicable to this recipe!

## DIRECTIONS:

- Wash all produce before cooking.
- Turn oven on to 375 F.
- Dice Tomatoes and add into a mixing bowl. Add in oil, vinegar, and spices and stir well. Set aside.
- Slice or dice chicken breasts and place onto a baking dish.
- Pour Tomato mixture over chicken and cover with foil.
- Bake at 375 F for 35 minutes. Remove from oven and remove foil. Add feta on top and place dish back into oven uncovered for an additional 5-15 minutes until cheese has warmed through and chicken has reached an internal temperature of 165 F.

## CHEF'S TIP:

Cook once, eat twice! Make extra chicken and serve it as leftovers on pizza crusts or tortilla chips with a salad or fresh cut up veggies on the side.



For recipe ideas visit: [naturefresh.ca](http://naturefresh.ca)

Check out Noelle on instagram: [@motherhoodandmeals](https://www.instagram.com/motherhoodandmeals)