

Caprese Chicken

Delicious, Easy and Healthy!! This easy chicken caprese is cooked in a skillet and topped balsamic glaze and fresh basil – the perfect way to use fresh summer tomatoes. It's destined to become your favorite summertime dinner.



*Caprese Chicken
w/Balsamic Glaze*



Caprese Chicken w/o Balsamic Glaze

Prep Time:

15 Min Prep – 20 Min Cook

Serving: 1 piece chicken, 1/4 veggies and cheese

Calories: 419 kcal, Carbohydrates: 21 g, Protein: 47.5 g, Fat: 16.5 g, SatFat: 5 g, Cholesterol: 141 mg, Sodium: 585 mg, Fiber: 2 g, Sugar: 7 g

Ingredients

4 Skinless Chicken Breasts (small boneless, 24 oz)

1 ¼ teaspoons Kosher Salt (divided)

½ teaspoon Black Pepper (ground, divided)

2 tablespoons Extra Virgin Olive Oil (divided)

1 Small Red Onion (diced, about 1 cup)

4 cloves Garlic (minced, about 4 teaspoons)

4 cups Grape Tomatoes (or sliced tomatoes: halved cherry, 2 pints, or 1/2- inch- diced peak season plum or other garden tomatoes)

¼ teaspoon Dried Thyme

4 ounces Mozzarella Pearls or Mozzarella slices

¼ cup Fresh Basil Leaves (tightly packed, thinly sliced)

1 Tablespoon Balsamic Vinegar

1 teaspoon Honey

1/4 cup Balsamic Glaze

Instructions

- Lightly pound the chicken breasts into an even $\frac{1}{2}$ - inch thickness.
- Sprinkle the chicken with $\frac{3}{4}$ teaspoon of the salt and $\frac{1}{4}$ teaspoon of the pepper, seasoning both sides.
- In a large [cast iron](#) or [heavy bottomed skillet](#), heat 1 tablespoon of the oil over medium- high heat. Once the oil is hot but not smoking, add the chicken breasts top- sides down. Cook undisturbed for 4 minutes, or until lightly browned.
- Flip and cook an additional 4 minutes. Check for doneness. The chicken should reach 165 degrees F at the thickest part when tested with an [instant- read thermometer](#) or when sliced the juices run clear. If not done flip and cook for another 2-3 minutes and retest.
- When chicken is cooked through, remove to a plate and cover to keep warm.
- Without wiping out the pan, reduce the skillet heat to medium. Add the remaining tablespoon of oil, swirl to coat the pan, then add the red onion and let cook until slightly softened, about 3 minutes, scraping the browned bits off the bottom of the pan as it cooks.
- Add the garlic and let cook 30 seconds, just until fragrant.
- Add the tomatoes, thyme, and 1 tablespoon balsamic vinegar, 1 teaspoon honey, $\frac{1}{2}$ teaspoon salt, and $\frac{1}{4}$ teaspoon pepper. Increase the heat back to medium high and cook until the tomatoes begin to soften, about 2 minutes.
- Return the chicken to the pan, nestling it into the tomatoes, and scatter mozzarella balls on top or lay slices on top of chicken breasts. .
- Cover the pan and remove from the heat. Let stand for 1 to 2 minutes to allow the mozzarella to become soft and melty.
- Uncover, Spoon tomatoes on top of cheese, drizzle the balsamic glaze over the top, and sprinkle with the fresh basil. Serve warm.