

# Bruschetta Chicken

Makes 1 serving (1 protein, 1 vegetable, 1 Melba toast)
29 grams protein
2 grams fat
210 calories

## Ingredients

- 100 grams chicken breast, thick sliced or whole
- 1 Melba toast, crushed into crumbs
- 2 medium Roma tomatoes, diced
- 2 tablespoons lemon juice
- 1 tablespoon Bragg's liquid aminos
- 2 tablespoons apple cider vinegar
- 2 cloves garlic, finely chopped
- 3 large fresh basil leaves, rolled and sliced
- Pinch of dried oregano
- Pinch of marjoram
- Salt and black pepper to taste

## PHASE 3 MODIFICATIONS

Brush chicken breasts with olive oil and substitute balsamic vinegar (check the sugar count) for the bruschetta. Serve with fresh grated parmesan cheese or lay a slice of provolone cheese over the breast then top with bruschetta sauce.

## Directions

1. Marinate chicken in lemon juice, Bragg's liquid aminos, vinegar, salt, and pepper.
2. Mix Melba crumbs with dry spices.
3. Coat the chicken in Melba crumbs/herb mixture and fry chicken in small pan until golden brown.
4. Deglaze the pan periodically with a little broth to keep chicken from burning.
5. For the bruschetta sauce, chop tomatoes finely and put into small bowl.
6. Roll basil leaves together, crush lightly, and cut horizontally to create fine slices.
7. Mix ingredients together with lemon juice, vinegar, and salt and pepper to taste.
8. Serve chilled bruschetta sauce over the hot chicken.



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