



## Hasselback Caprese Chicken

Using the hasselback technique (cutting crosswise slits every half-inch along the chicken breast) cooks the chicken faster and ensures you get a burst of flavorful gooey filling with each bite. This quick one-pan high-protein and veggie-packed dinner is easy to make and great after training but is so good the whole family will love it

**Serves: 4, Prep time: 00:25, Cook time: 00:25**

### Instructions

1. Preheat oven to 375 degrees F. Coat a large rimmed baking sheet with cooking spray.
2. Make crosswise cuts every 1/2 inch along both chicken breasts, slicing almost to the bottom but not all the way through. Sprinkle chicken with 1/4 teaspoon each salt and pepper. Fill the cuts alternately with tomato and mozzarella slices. Brush with your favourite pesto. Transfer the chicken to one side of the prepared baking sheet.
3. Toss broccoli, oil and the remaining 1/4 teaspoon each salt and pepper in a large bowl. If there are any tomato slices left, mix them in. Transfer the broccoli

### Ingredients

- 2 Chicken, breast
- 0.5 teaspoon Sea Salt
- 0.5 teaspoon Black pepper, ground
- 1 Tomato, whole, raw, Sliced
- 85 grams Cheese, Mozzarella, Sliced (3 oz)
- 32 grams Pesto (1 oz)
- 568 grams Broccoli (1 lb 4 oz)
- 2 tablespoon Oil, olive

mixture to the empty side of the baking sheet.

4. Bake until the chicken is no longer pink in the center and the broccoli is tender, about 25 minutes. Cut each breast in half and serve with the broccoli.

Per Serving:

355 calories; protein 37.6g; carbohydrates 10g, dietary fiber 4.2g, sugars 3.1g, fat 18.9g, saturated fat 5.9g, vitamin c 137.7mg, folate 117.2mcg; calcium 295.9mg, iron 2.4mg, magnesium 83.3mg, potassium 978.6mg, sodium 634mg, thiamine 0.2mg.

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