



## Rosemary Baked Chicken Breast and Fresh Tomato Salad

Serves 4

### **Chicken Preparation:**

4 chicken breasts, flattened to ½ inch, trimmed if necessary  
¼ cup freshly chopped rosemary  
3 Tbsp extra virgin olive oil  
1 Tbsp balsamic vinegar  
kosher salt and freshly ground pepper

### **Tomato Salad:**

6 medium size tomatoes  
¼ cup finely diced red onion  
¼ cup Italian parsley finely chopped  
¼ cup extra virgin olive oil  
2 Tbsp balsamic vinegar  
kosher salt and freshly cracked pepper

1. Place chicken breasts into a large bowl; add chopped rosemary, extra virgin olive oil, and balsamic vinegar. Toss to thoroughly coat. Cover bowl and place in your refrigerator for about 30 minutes.
2. While the chicken is marinating in the refrigerator, wash and dice the tomatoes and place in a medium size bowl.
3. Add the red onions, Italian parsley, extra virgin olive oil, and the balsamic vinegar. Toss to thoroughly coat.
4. Add salt and pepper to taste, cover and place in the refrigerator until ready to use.
5. Heat an oven proof sauté pan. Once the pan is hot, add just enough extra virgin olive oil to lightly coat the bottom of your sauté pan (about 1-2 Tbsp). Sear chicken breasts for about 2 minutes on each side and then place the chicken (pan and all) into a preheated 400 degree oven for about 10 more minutes or until chicken breasts are thoroughly cooked. Chicken breasts should be cooked to 160 degree's internal temperature.
6. Remove chicken from oven being very careful not to burn yourself. Allow chicken to rest for about 10 minutes.
7. Serve chicken breast with the tomato salad and enjoy!!

### **Nutritional Analysis**

Serving Size: ¼ of recipe

Calories	494
Fat	36g
Saturated Fat	6g
Cholesterol	68mg
Sodium	148mg
Carbohydrates	14g
Dietary Fiber	7g
Sugars	5g
Protein	30g

### **Diabetic Exchanges:**

Protein	4.5
Carbohydrate	1
Fat	7.2