

To encourage healthy eating today and every day, it's important to consume well-balanced meals. The following recipe can be served with whole wheat pasta and some roasted veggies for a delicious meal.

### **Bruschetta Chicken**

#### *Ingredients:*

- 1/2 cup flour
- 2 eggs, beaten
- 4 boneless, skinless chicken breasts
- 1/4 cup grated parmesan cheese
- 1/4 cup crushed garlic croutons
- 1 tablespoon butter, melted
- 2 large tomatoes
- 3 tablespoons minced fresh basil
- 2 garlic cloves, minced (approx. 1 teaspoon)
- 1 tablespoon olive oil
- salt & pepper to taste

#### *Directions:*

1. Preheat oven to 375 degrees. Grease 9x13 baking dish.
2. Place flour & beaten eggs in separate shallow bowls. Dip chicken into flour, then into eggs. Place into baking dish.
3. Combine parmesan cheese, crushed croutons, & melted butter then sprinkle on chicken. Loosely cover with foil. Bake for 40 minutes, or until top is browned and chicken is cooked through.
4. Chop tomatoes and combine with last ingredients. Spoon mixture over chicken, and return to oven for 5-7 minutes or until tomato mixture is heated through.

