

Rosemary Baked Chicken Breast and Fresh Tomato Salad

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 tbsps 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 tbsps). 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	Diabetic Exchanges
<p>Nutrition Facts Serving Size 1/4 of recipe 388g (388g) Servings Per Container 4</p> <hr/> <p>Amount Per Serving</p> <p>Calories 494 Calories from Fat 317</p> <hr/> <p style="text-align: right;">% Daily Value*</p> <p>Total Fat 36g 55%</p> <hr/> <p> Saturated Fat 6g 29%</p> <hr/> <p> Trans Fat 0g</p> <hr/> <p>Cholesterol 68mg 23%</p> <hr/> <p>Sodium 146mg 6%</p> <hr/> <p>Total Carbohydrate 14g 5%</p> <hr/> <p> Dietary Fiber 7g 26%</p> <hr/> <p> Sugars 5g</p> <hr/> <p>Protein 30g</p> <hr/> <p>Vitamin A 54% • Vitamin C 61%</p> <hr/> <p>Calcium 13% • Iron 21%</p> <hr/> <p><small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small></p> <hr/> <p style="text-align: center;">NutritionData.com</p>	<p>Fats 7.2</p> <p>Carbohydrates 1</p> <p>Protein 4.5</p> <p>*Note: Nutrition information is calculated for both items.</p>