

PARMESAN CHICKEN BREAST, BALSAMIC TOMATOES **FIT**



Portion Size: 1 chicken breast, ¼ cup tomatoes
Yield: 10 servings

Balsamic Vinegar	1 ¼ cup
Light Mayonnaise	½ cup
Parmesan Cheese, grated	1 ¼ cup
Boneless Chicken Breast, 5 oz	10 each
Tomatoes, diced	2 ½ cup
Basil, chiffonade cut	2 ½ cup

Nutrition Info (per serving): Cal: 300,
Total Fat: 11g, Sat Fat: 4g, Sodium:
410 mg, Carbs: 9g, Protein: 36g,
Sugar: 6g, Fiber: <1g

1. Prepare balsamic vinegar reduction: Pour balsamic vinegar into saucepan. Bring to boil. Reduce heat to simmer. Cook until reduced by half.
2. Rub each 5 oz chicken breast with 1 tbsp light mayonnaise and 2 tsp parmesan cheese. Place on a parchment lined baking sheet. Bake in a 350°F oven for 20 minutes, or until internal temperature reaches 165°F.
3. Toss together tomatoes, balsamic reduction and basil. Top each cooked chicken breast with ¼ cup tomato mixture.

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ASPARAGUS, BALSAMIC TOMATOES, GOAT CHEESE **FIT**



Portion Size: ½ cup (4 oz)

Yield: 7 servings

Asparagus	1 pound
Extra Virgin Olive Oil	2 tbsp
Grape Tomatoes	1 ½ cup
Garlic Cloves, minced	½ tsp
Balsamic Vinegar	2 tbsp
Kosher Salt	1/8 tsp
Goat Cheese	3 tbsp
Black Pepper	½ tsp

Nutrition Info (per serving): Cal: 70,
Total Fat: 5g, Sat Fat: 1g,
Sodium: 60mg, Carbs: 5g, Protein: 3g,
Sugar: 3g, Fiber: 2g

1. Trim asparagus. Blanch asparagus in boiling water for about 1 minute. Shock in an ice bath. Drain.
2. Heat olive oil in sauté pan over medium-high heat. Add tomatoes and garlic. Cook for about 5 minutes or until tomatoes are slightly caramelized. Stir in vinegar and cook to reduce. Add salt.
3. Arrange asparagus on a platter. Top asparagus with tomato balsamic mixture. Crumble goat cheese into small pieces and sprinkle over asparagus. Top with pepper.

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