



## Hasselback Caprese Chicken Breast

The hasselback technique cooks the chicken faster and ensures you get a burst of flavorful gooey filling with each bite. This quick one-pan dinner is packed with protein and veggie goodness, is easy to make, and the whole family will love it.



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To order, call or text Christine at 647-210-0047 or email her at [Christine@HealthyNow.ca](mailto:Christine@HealthyNow.ca)

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You'll need:

- 2 boneless, skinless chicken breasts (approx 8 ounces each)
- ½ teaspoon salt, divided
- teaspoon ground pepper, divided
- 1 medium tomato, sliced
- 3 ounces fresh mozzarella, halved and sliced
- ¼ cup prepared pesto
- 8 cups broccoli florets
- 2 tablespoons extra-virgin olive oil

To make:

1. Preheat oven to 375°F. Coat a large rimmed baking sheet with cooking spray.
2. Make crosswise cuts every ½ inch along both chicken breasts, slicing almost to the bottom but not all the way through.
3. Sprinkle chicken with ¼ teaspoon each salt and pepper. Fill the cuts alternately with tomato and mozzarella slices.
4. Brush with pesto.
5. Transfer the chicken to one side of the prepared baking sheet.
6. Toss broccoli, oil and the remaining ¼ teaspoon each salt and pepper in a large bowl. If there are any tomato slices left, mix them in.
7. Transfer the broccoli mixture to the empty side of the baking sheet.
8. Bake until the chicken is no longer pink in the center and the broccoli is tender, about 25 minutes.
9. Cut each breast in half and serve with the broccoli.

Enjoy!

Past recipes of the week are posted at our website [www.HealthyNow.ca](http://www.HealthyNow.ca). And OrangeTheory Fitness members always get 15% off Fresh Pressed Juices, and 15% off any Meal Pack!

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