



Caprese Mezza Luna in 10 and Chicken and Broccolini with Asiago Sauce in 15

READY IN



25 min.

SERVINGS



4

CALORIES



903 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup asiago cheese grated
- ☐ 12 leaves basil fresh shredded
- ☐ 1 bundle broccolini trimmed
- ☐ 2 tablespoons butter
- ☐ 1 tablespoon flour all-purpose
- ☐ 4 12-inch flour tortillas
- ☐ 1 ball mozzarella cheese fresh thinly sliced
- ☐ 2 cloves garlic crushed

- ☐ 1.5 cups milk
- ☐ 0.3 cup olive oil extra-virgin for brushing and cooking chicken
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 4 pieces chicken breasts boneless skinless
- ☐ 2 vine tomatoes ripe thinly sliced

Equipment

- ☐ frying pan
- ☐ whisk
- ☐ pot

Directions

- ☐ For appetizers, heat oil in a small pot with garlic until it bubbles, simmer a minute.
- ☐ Brush a skillet with garlic oil and heat over medium-high heat.
- ☐ Add the first tortilla and blister it 30 seconds, flip and cover half of the surface with arranged layers of mozzarella, basil and tomatoes, season with salt and pepper and fold over the quesadilla, cook 30 seconds on each side to set.
- ☐ Remove from pan and repeat. In less than 10 minutes, you'll have 4 half moons (mezza lunas).
- ☐ Cut into quarters and serve.
- ☐ Pour a couple tablespoons of remaining oil into a skillet over medium-high heat. Season the chicken with salt and pepper. Cook chicken 6 minutes on each side, turning once, until golden and juices run clear. While chicken cooks, heat 1-inch water over high heat in small high sides skillet, to a boil.
- ☐ Add salt and broccolini to the water and cook 3 to 4 minutes, drain and reserve. Meanwhile, heat 2 tablespoons butter over medium heat in a small sauce pot, stir flour into melted butter, cook 1 minute then whisk in milk and cook to thicken, about 2 to 3 minutes, stir in cheese and season with salt and pepper.
- ☐ Serve chicken topped with broccolini and pour sauce over top – in less than 15 minutes you have a low maintenance Chicken Divan!

Nutrition Facts



 **PROTEIN 15.49%**  **FAT 54.8%**  **CARBS 29.71%**

Properties

Glycemic Index:105.25, Glycemic Load:21.79, Inflammation Score:-8, Nutrition Score:29.50260854804%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 902.52kcal (45.13%), Fat: 54.99g (84.59%), Saturated Fat: 22.68g (141.72%), Carbohydrates: 67.08g (22.36%), Net Carbohydrates: 62.21g (22.62%), Sugar: 11.07g (12.29%), Cholesterol: 88.31mg (29.43%), Sodium: 1678.62mg (72.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.98g (69.96%), Calcium: 874.64mg (87.46%), Phosphorus: 724.62mg (72.46%), Selenium: 43.64µg (62.34%), Vitamin B1: 0.69mg (46.23%), Vitamin B2: 0.72mg (42.23%), Manganese: 0.73mg (36.34%), Vitamin B12: 2.1µg (34.94%), Folate: 126.85µg (31.71%), Vitamin K: 32.81µg (31.25%), Vitamin A: 1497.16IU (29.94%), Vitamin B3: 5.87mg (29.35%), Iron: 5.04mg (27.98%), Zinc: 3.48mg (23.18%), Vitamin E: 3.31mg (22.08%), Fiber: 4.86g (19.45%), Magnesium: 67.44mg (16.86%), Potassium: 510.78mg (14.59%), Vitamin B6: 0.25mg (12.28%), Vitamin C: 9.4mg (11.4%), Copper: 0.18mg (9.23%), Vitamin D: 1.36µg (9.06%), Vitamin B5: 0.82mg (8.2%)