

STARTER & SNACK

Grilled Bruschetta Chicken

6 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
30 min	5 min	25 min	4	\$1.44	240 kcal



Grilled Bruschetta Chicken might be just the Mediterranean recipe you are searching for. Watching your figure? This gluten free and primal recipe has 241 calories, 28g of protein, and 13g of fat per serving. For \$1.44 per serving, you get a hor d'oeuvre that serves 4. It will be a hit at your The Fo...

Ingredients

- ☐ ¼ cup chopped fresh basil
- ☐ 4 small skinless, boneless chicken breast halves
- ☐ 1 medium tomato, finely chopped
- ☐ ½ cup KRAFT Low-Moisture Part-Skim Mozzarella Cheese
- ☐ ¼ cup KRAFT Sun-Dried Tomato Vinaigrette Dressing, divided

EQUIPMENT Grill, Aluminum foil, Ziploc bags

Method

- 1 Place large sheet of heavy-duty foil over half of grill grate; preheat grill to medium heat.
- 2 Pour 2 Tbsp. of the dressing over chicken in resealable plastic bag; seal bag. Turn bag over several times to evenly coat chicken with the dressing. Refrigerate 10 min. to marinate.
- 3 Remove chicken from marinade; discard bag and marinade.
- 4 Grill chicken on uncovered side of grill 6 min. Meanwhile, combine tomatoes, cheese, basil and remaining 2 Tbsp. dressing.
- 5 Turn chicken over; place, cooked-side up, on foil on grill. Top evenly with tomato mixture. Close lid. Grill an additional 8 min. or until chicken is cooked through (170 degrees F).

Nutrition per serving

240	28 g	13 g	2 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			3.5 g · 22% of daily needs
Fibre			0.4 g · 2% of daily needs
Sugar			1.4 g · 2% of daily needs
Sodium			219 mg · 10% of daily needs
Cholesterol			81.3 mg · 27% of daily needs
Vitamin C			5.8 mg · 7% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/grilled-bruschetta-chicken-148467