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Hasselback Caprese

Chicken

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# Hasselback Caprese Chicken



EatingWell

Active time	Total time	Servings	Calories
25 min	50 min	4	355

Using the hasselback technique (cutting crosswise slits every half-inch along the chicken breast) cooks the chicken faster and ensures you get a burst of flavorful gooey filling with each bite. This quick one-pan high-protein and veggie-packed dinner is easy to make and the whole family will love it.

Favorited

## Ingredients

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2 skinless, boneless chicken breasts (8 ounces

1 medium tomato, sliced



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Chicken



— 1 + — 1 +

3 ounces fresh mozzarella, halved and sliced

¼ cup prepared pesto

Galbani Galbani Fresh Mozzarella Sliced Log

Barilla Sauces Traditional Basil Pesto

\$5.53

\$3.65

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— 1 +

8 cups broccoli florets

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### Ingredients you may already have



## Hasselback Caprese

Chicken

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1

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1

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½ teaspoon salt, divided  
Morton Iodized Salt, 26 Ounce  
**\$1.05**

[View alternatives](#)

½ teaspoon ground pepper, divided  
Publix Black Pepper, Ground  
**\$1.91**

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—

1

+

2 tablespoons extra-virgin olive oil  
Publix Olive Oil, Extra Virgin  
**\$6.97**

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## Instructions

### Skip Navigation

- 1 Prepare the ingredients:
  - 2 skinless, boneless chicken breasts (8 ounces each)
  - ½ teaspoon salt, divided
  - ½ 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

2 Preheat oven to 375°F. Coat a large rimmed baking sheet with cooking spray.



## Hasselback Caprese

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### Chicken

- 4 Toss broccoli, oil and the remaining 1/4 teaspoon each salt and pepper in a large bowl. If there are any tomato slices left, mix them in. Transfer the broccoli mixture to the empty side of the baking sheet.
- 5 Bake until the chicken is no longer pink in the center and the broccoli is tender, about 25 minutes. Cut each breast in half and serve with the broccoli.

## Nutrition info

Vitamin B3	12 mg	0%
Total Sugars	3 g	0%
Omega-6	1 g	0%
Mono Saturated Fat	9 g	0%
Fiber	4 g	0%
Carbohydrate Total	10 g	3%
Calories	355 kcal	0%
Added Sugars	0 g	0%
Zinc	2 mg	13%
Vitamin B12	1 µg	17%
Folate	117 µg	29%
Vitamin E	4 IU	13%
Calcium	296 mg	30%
Protein	38 g	76%
Potassium	979 mg	28%
Sodium	634 mg	26%
<a href="#">Skip Navigation</a>	105 mg	35%
Saturated Fat	6 g	30%
Total Fat	19 g	29%

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Hasselback Caprese

Chicken

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Chicken

 150 min



Caprese Zucchini  
Casserole

 55 min




Skillet-Browned  
Broccoli with Pan-  
Toasted Garlic

 30 min



Sheet Pan Chicken  
Thighs With Fennel  
and Shallots

 55 min

