 **Pesto Chicken**

*Serves 4*

**Ingredients**

1 lb chicken

2 Roma Tomatoes, sliced

¼ cup Light Pesto (see recipe)

1 cup 2% shredded mozzarella cheese

Salt and pepper

**Directions**

1. Preheat oven to 400 degrees F.
2. Pound chicken out to about 1” thickness. Cut into 4 equal pieces and season with salt and pepper. Spread 1 tbsp pesto on each piece. Place tomato slices over pesto. Place in baking dish and bake for 20 minutes.
3. Remove from oven and sprinkle each piece with ¼ cup cheese. Place back in oven for another 5 minutes.

**Nutrition**

*325 cals, 20g carb, 27g protein, 15g fat*