

one pan gluten free prosciutto wrapped bruschetta chicken

fancy enough for date night, easy enough for any weeknight!

gluten free | dairy free option | nut free

serves 2 | prep 10 min | cook 20 min | one pan

INGREDIENTS

- 2 chicken breasts
- 4 slices prosciutto
- 1/3 cup fresh bruschetta (from Wegmans or homemade)
- 1/2 cup shredded or sliced mozzarella (or dairy free cheese)
- Fresh basil
- 2 to 3 tbsp balsamic glaze (check label for gluten free)
- Drizzle of olive oil
- Salt and pepper to taste

Optional pasta addition:

- 2 tbsp minced garlic
- 2 to 3 cups cherry tomatoes
- 1/2 onion, sliced
- 1/3 cup additional bruschetta
- 1 bag gluten free pasta

DIRECTIONS

1. Preheat your oven to 400 degrees.
2. Pound **2 chicken breasts** thin using a meat mallet or the bottom of a heavy pan.
3. Lay out **2 slices of prosciutto** per chicken breast, overlapping slightly. Place one pounded chicken breast in the middle. Top with a portion of **1/3 cup bruschetta**, fresh basil, a portion of **1/2 cup mozzarella**, and a drizzle of **balsamic glaze**. Roll tightly and press down slightly to create a flat bottom. Secure with toothpicks if needed. Repeat with the second chicken breast.
4. Heat a drizzle of **olive oil** in a stainless steel oven safe pan over medium high heat. Add the chicken rolls and sear for 2 to 3 minutes per side until the prosciutto is starting to brown and crisp. Do not panic if it is not fully browned yet, it will keep going in the oven!
5. If making the pasta version, add **2 to 3 cups cherry tomatoes, 1/2 sliced onion, 2 tbsp minced garlic**, and **1/3 cup additional bruschetta** to the same pan surrounding the chicken. Drizzle with olive oil and season with salt and pepper.

6. Transfer the entire pan to the oven and bake for 10 to 15 minutes until the chicken reaches an internal temperature of 165 degrees, the prosciutto is browned and crispy, and the tomatoes are blistered and soft.
7. For extra crispy prosciutto, broil for 1 to 3 minutes at the very end. Watch it closely!
8. Let rest for a few minutes. Serve over gluten free pasta or rice with the blistered tomatoes and pan juices spooned over the top.

STORAGE + REHEAT TIPS

- ▶ **Fridge:** Store everything together in an airtight container in the fridge for up to 3 to 4 days.
- ▶ **Reheat:** Reheat low and slow in a skillet on the stovetop to keep the chicken juicy. You can also use the oven covered loosely with foil.
- ▶ **Meal prep tip:** The flavors get even better overnight! Makes a great next day lunch as the bruschetta and tomato sauce soaks into everything.

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