# Chicken breasts elevate classic bruschetta

**BY LINDA GASSENHEIMER**
Tribune News Service (TNS)

Here's a fresh take on bruschetta, the classic Italian appetizer usually made with juicy tomatoes spooned over crisp, toasted bread.

For this quick dinner, I turned the idea into a main dish, using seasoned chicken breasts as the base and crunchy croutons as the topping. To keep their satisfying crunch, break the croutons into smaller pieces rather than crushing them. A simple green salad tossed with creamy cannellini beans completes this easy, flavorful meal.

**HELPFUL HINTS:**

- Two large, chopped tomatoes can be used instead of using canned tomatoes.
- Any type of canned beans can be used instead of cannellini beans.



TNS PHOTO BY LINDA GASSENHEIMER
Chicken Bruschetta with Lettuce and Cannellini Bean Salad

## Chicken Bruschetta

*Yields 2 servings. Recipe is by Linda Gassenheimer.*

**1 tomato, chopped**
**¼ cup canned reduced-sodium chopped tomatoes**
**2 tablespoons extra virgin olive oil, divided use**
**1 clove garlic, minced**
**½ teaspoon salt, or to taste**
**¼ teaspoon freshly ground black pepper, divided, or to taste**
**2 tablespoons torn fresh basil leaves, plus more leaves for garnish**
**½ cup purchased croutons**
**¾ pound (6-ounce halves) boneless, skinless chicken breast**
**½ teaspoon garlic powder**
**½ teaspoon sweet paprika**

1. Chop tomato and place in a bowl. Add canned chopped tomatoes, 1 tablespoon olive oil, garlic, ½ teaspoon salt and ¼ teaspoon black pepper. Stir in torn basil leaves. Set aside.

2. Place croutons in a resealable plastic bag and seal the bag. Tap each crouton with a heavy spoon to break into smaller pieces, without crushing; set aside.

3. Place chicken breasts on a plate. If they are thick, press them down with a meat bat or rolling pin to ½-inch thick. Sprinkle with garlic powder, and sweet paprika on both sides of the chicken.

4. Place a large skillet over medium-high heat and add the remaining tablespoon oil. Add the chicken and cook 4 minutes. Turn chicken over and cook 4 minutes. A meat thermometer should read 165 F. Cook a little longer if needed.

5. Place one chicken breast each on two dinner plates. Top each grilled chicken breast with tomato mixture and sprinkle on crumbled croutons. Garnish with additional fresh basil.

**NUTRITION INFO PER SERVING:** 382 calories (44 percent from fat), 18.8 g fat (3.1 g saturated, 7.9 g monounsaturated), 126 mg cholesterol, 40.6 g protein, 11.6 g carbohydrates, 2.4 g fiber, 720 mg sodium.



**Kevin Belton**

# Flavor-packed recipes that won't take you forever

'Dinner Time: Deeply Delicious Meals in 15, 30, 45 and 60 minutes' by Zena Kamgaing




BLOOMSBURY PUBLISHING/ TNS PHOTO

**BY NICOLE HVIDSTEN**
The Minnesota Star Tribune (TNS)

On these busy fall weeks, most cooks have meals they can pull out of their back pocket without much thought.

I make a chili that can go from stove to table in less than a half-hour, and quick chicken-wild rice soup and spaghetti recipes that have become family favorites. Factor in the occasional taco night and breakfast for supper, and mealtime doesn't have to be difficult.

**RECIPES, 2D**

➤ Curry Butter Shrimp
➤ 'Nduja Vodka Pasta
➤ Mexican Hot Chocolate Brownies

The problem with those tried-and-true recipes is that they frequently appear in the rotation — sometimes too often. We could use a little nudge to broaden our dinner horizons and add a boost of energy — and flavor — to our routine.

Enter "Dinner Time" from Zena Kamgaing, a popular London recipe developer who has amassed a social media following as @zenaskitchen. In her debut cookbook, Kamgaing packs global flavors into 85 recipes that takes us from snacks to dessert.

What I appreciate most about this book is that chapters are divided into how much time you have, which could be as little as 15 minutes or an hour or more. From cover to cover, Kamgaing proves that quick meals don't have to sacrifice flavor.

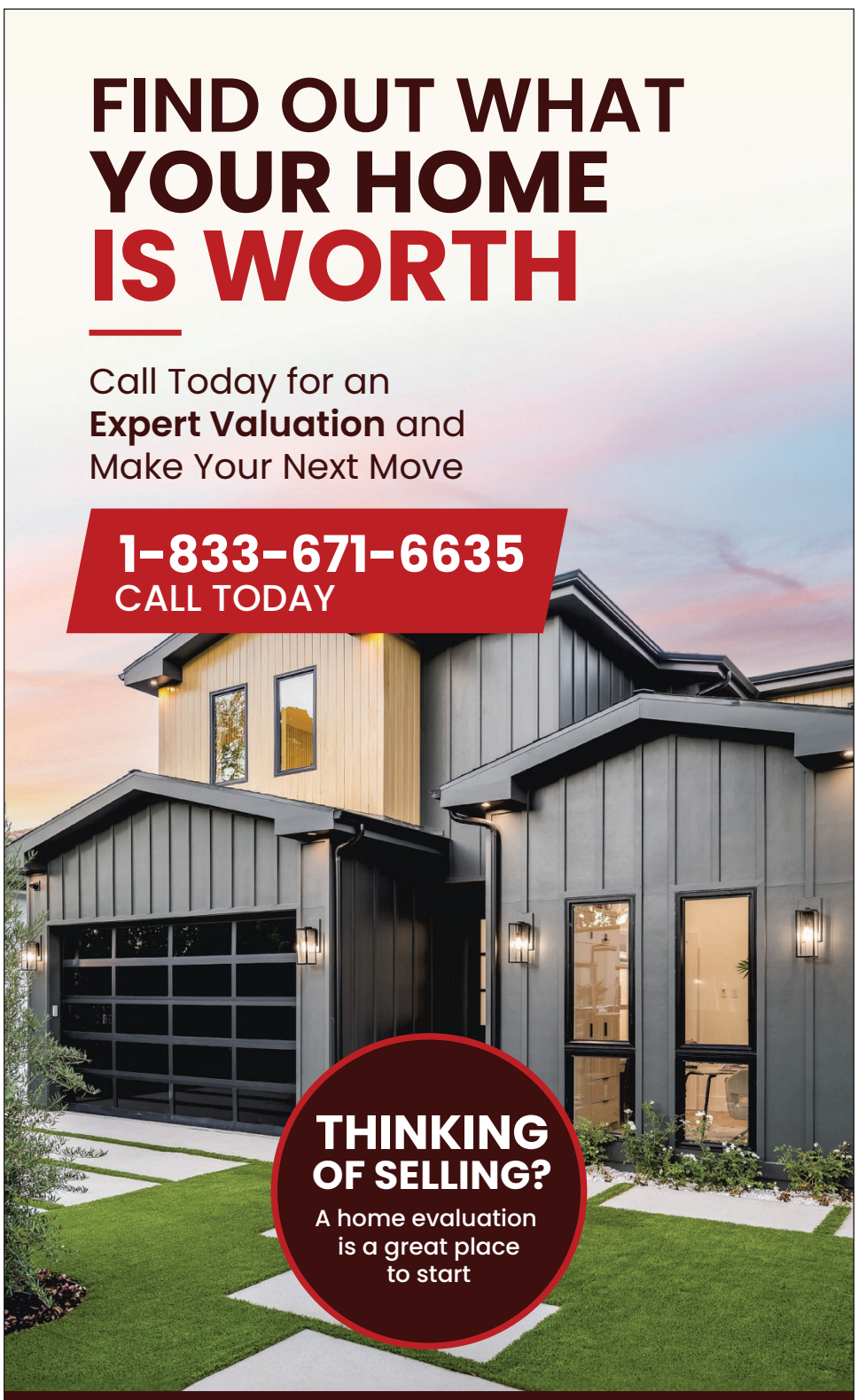
"That's precisely what's inspired me to write this book," she writes, "to show that deeply delicious food doesn't need to be stressful, complicated or take hours to make."

Here are three recipes from "Dinner Time" to shake up your mealtime routine.

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