

**EXTENSION FAMILY AND CONSUMER SCIENCES PROGRAM  
BRADFORD COUNTY COOPERATIVE EXTENSION SERVICE  
2266 N. Temple Avenue  
Starke, FL 32091  
966-6224  
sdeary@ufl.edu**

**Bruschetta Chicken Packet**

**INGREDIENTS**

1.5 cup brown rice	1 .5 cup water
1 can (28 oz.) diced tomatoes, drained or 2 cups cherry tomatoes	1 tsp. dried basil leaves or 12 fresh basil leaves
2 cloves garlic, minced	1 cup 2% Shredded Mozzarella Cheese
6 small boneless skinless chicken breasts	Heavy duty foil
1 T Mrs. Dash blend	• Optional 2 cups spinach

**DIRECTIONS**

Heat oven to 400°F.

In small bowl, mix rice and water. Soak 5 minutes; drain. Combine tomatoes, garlic and ½ of seasoning blend. Lightly season chicken with other half of seasoning blend.

Place ¼ cup rice and 1 chicken breast on center of each of 6 large sheets heavy-duty foil sprayed with cooking spray; top with basil, tomato mixture and cheese. Fold foil to make 6 packets. Place on rimmed baking sheet.

Bake 30 to 35 min. or until chicken is done (165°F). Cut slits in foil to release steam before opening packets.