

# ROSIE'S CHICKEN STACKS

## INGREDIENTS

1 medium Sicilian eggplant  
2 medium yellow zucchini  
2 fresh Roma tomatoes  
4 x 5 oz/ 140 g boneless, skinless chicken breasts, slightly flattened  
Sea salt and black pepper to taste  
Fresh basil leaves

## PREPARATION

1. Line a baking sheet with parchment paper. Cut the eggplant into  $\frac{3}{4}$ "-thick slices. Slice zucchini into lengths. Slice tomatoes thickly. Pat chicken breasts dry and season with sea salt and pepper. Place four pieces of eggplant on the baking sheet. Now add slices of tomato and zucchini. Add basil as well. Top with a chicken breast.
2. Place in preheated 350 F/ 177 C oven. Bake for 20-25 minutes or until chicken is done. Remove from oven. Place on serving platter or plate and sprinkle plate with parsley. Place the bundle in the middle and serve immediately.

*NUTRITIONAL VALUE PER SERVING 4 servings*

*Calories: 164/Calories from fat: 15/Protein: 28g/Carbs: 7g/Dietary Fiber: 4g/Sugars: 3g/Fat: 0.1g/Sodium: 80mg*