

Low-Carb Caprese Chicken Bowls

Hands-on 30 minutes Overall 40 minutes

Nutritional values (per serving): Total carbs: 16.5 g, Fiber: 9.2 g, **Net carbs: 7.3 g**,

Protein: 43.5 g, Fat: 54.2 g, Calories: 715 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 1 serving)

Marinated chicken:

1 small skinless and boneless chicken breast (113 g/ 4 oz)

1 tbsp [extra virgin olive oil](#) (15 ml)

1 tsp balsamic vinegar

1 tsp [Italian seasoning](#)

pinch of salt

Salad:

2 cups fresh spinach *or* any greens of choice (60 g/ 2.1 oz)

1/4 loose cup basil leaves (8-10 leaves)

6 baby mozzarella balls *or* fresh mozzarella, sliced (57 g/ 2 oz)

1/2 avocado, thinly sliced (100 g/ 3.5 oz)

1/3 cup cherry tomatoes, halved (50 g/ 1.8 oz)

Dressing:

1 tbsp [extra virgin olive oil](#) (15 ml)

1 tsp balsamic vinegar

sea salt and pepper, to taste

Instructions

1. Place the chicken breast in a sealable container with the olive oil, vinegar, Italian seasoning, and salt. Transfer to the refrigerator to marinate anywhere from 10 minutes to overnight.
2. Heat a pan over medium high heat. Transfer the chicken along with the marinade to the skillet and sear 4-5 minutes per side until the chicken is cooked through. Transfer to a cutting board and slice.
3. In a small jar, whisk together the dressing ingredients. Set aside until ready to serve.
4. Assemble the salads by placing the veggies and mozzarella in a bowl.

5. Top with chicken and dressing. Serve immediately. If you're packing the salad to go, store the dressing separately.

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