

Monterey Chicken

Servings: 4

Prep Time: 10 minutes

Cooking Time: 5 minutes

Ingredients:

2 tbsp Olive Oil (I prefer EVOO)

4 boneless skinless chicken breast

8 teaspoons barbecue sauce

8 slices crispy bacon

1 cup shredded monterey jack/cheddar cheese blend

1/2 cup of chopped tomatoes

1/2 cup of chopped green onion

Directions:

Preheat oven to 350.

Begin by butterflying each chicken breast. Then, place chicken inside a zip lock bag. Pound the chicken breast until it's about 1/2 thick. Sprinkle with salt and pepper.

Pour Olive Oil into nonstick skillet. Circle it around to cover pan surface. Cook the chicken breast until done all the way through.

Spray broiler pan with nonstick spray. Place chicken breast on the pan.

Put barbecue sauce on each chicken breast and spread evenly.

Place two pieces of bacon over each breast in an X and sprinkle with cheese.

Broil chicken until cheese melts.

Sprinkle with chopped tomatoes and green onion.

~Adapted from Recipe Zaar

