


BRAISED BALSAMIC CHICKEN
 6 portions

INGREDIENTS

- 1 tsp of garlic salt
- 1 tsp black pepper
- 2 tablespoons of olive oil
- 1 large onion, thinly sliced
- 1/2 cup of balsamic vinegar
- 1 tsp dried basil
- 1 tsp dried oregano
- 1 tsp of dried rosemary
- 1/2 tsp dried thyme
- 24 oz of raw chicken breast (678 g)
- 1 [14.5 ounce] can diced tomatoes

COOKING METHOD

¹ Description: Equipment: Skillet Instructions: 1. Season both sides of chicken breasts with garlic salt and pepper. 2. Heat olive oil in a skillet over medium heat; cook seasoned chicken breasts until chicken is browned, 3 to 4 minutes per side. Add onion; cook and stir until onion is browned, 3 to 4 minutes. 3. Pour diced tomatoes and balsamic vinegar over chicken; season with basil, oregano, rosemary and thyme. Simmer until chicken is no longer pink and the juices run clear, about 15 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (208 g)	% DRI
ENERGY	96 kcal	199 kcal	10 %
FAT	3 g	7 g	11 %
FATTY ACIDS, TOTAL SATURATED	1 g	1 g	6 %
CHOLESTEROL	33 mg	69 mg	23 %
SODIUM	70 mg	146 mg	6 %
CARBOHYDRATE	5 g	10 g	3 %
SUGARS	3 g	6 g	—
FIBER	1 g	2 g	7 %
PROTEIN	11 g	23 g	—