

Balsamic Chicken

Serves 4

Ingredients:

1/3 cup balsamic vinegar
1/2 cup chicken broth
2 tablespoons white sugar
1 clove garlic, minced
1 teaspoon dried Italian seasoning
4 skinless, boneless chicken breasts cut in half
1 tablespoon olive oil



Directions:

1. Whisk balsamic vinegar, chicken broth, sugar, garlic, and Italian seasoning in a bowl.
2. Place chicken breasts in the mixture and marinate for 10 minutes on each side.
3. Heat the olive oil in a large skillet over medium heat.
4. Place chicken in the heated pan and cook for about 7 minutes on each side.
5. Pour the marinade into the skillet and cook until thickened, turning the chicken over once or twice.

Nutrition Information per serving:

Calories: 194, Total Fat: 4.9g, Saturated Fat: 1g, Unsaturated Fat: 3.9g, Cholesterol: 65.8mg, Sodium: 79.1mg, Carbohydrate 9.8 g, Fiber: <1g, Sugar: 9.2g, Added sugar: 6g, Protein: 26.4g

SOURCE: <https://www.allrecipes.com/recipe/103144/balsamic-chicken/>
