

Balsamic Glazed Chicken

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Prep Time: 15 mins (+ 3 hrs marinating time)

Cooking Time: 45-60 mins

Ingredients

4 - 6oz Chicken breasts (or strips of chicken)

2 cloves Garlic

4 tablespoons Rosemary leaves, chopped

4 tablespoons extra virgin olive oil

2 medium Red Onions, 1 inch thick slices

1/4 cup balsamic vinegar

6 cups Broccoli

Sea Salt and pepper to taste

Method

Rinse the chicken and pat dry. Combine the garlic, rosemary, black pepper and sea salt and mix with 3 tablespoons olive oil. Rub the outside of the chicken all over with the rosemary mixture. Cover and refrigerate 3 hours (or overnight). Preheat oven to 350. Place the onion slices on the bottom of a small roasting pan. Place the chicken on top of the onions. Pour the wine over the chicken and rub all over with 1/4 cup of the vinegar. Roast in oven for 45 minutes or until done.

Steam broccoli and serve on the side.

Nutrition Info.

Cal 380 | Fat 17g | Chol 100mg | Carb 13g | Pro 41g

This recipe makes 4 servings.