



Balsamic Chicken with Fresh Tomatoes and Spinach

Recipe courtesy Chef Bryan Woolley

4 – 6 ounce chicken breasts
3 garlic cloves, minced
¼ cup diced onion
2 cups diced fresh tomatoes
¼ cup balsamic vinegar
¼ cup white wine
1 tsp dried basil
4 cups spinach, washed and dried
Extra Virgin Olive Oil
Salt and freshly cracked pepper

1. Heat a large heavy bottom skillet on the stove and pour just enough olive oil to light coat the bottom of the pan (about 2 Tbsp).
2. Sauté garlic, dried basil, and onion until fragrant.
3. Flatten chicken breasts to about ½ inch thick. Sprinkle with salt and pepper and sear each chicken breast side for about 6 minutes.
4. When you have about 4 minutes left, add the freshly cut tomatoes and balsamic vinegar.
5. Allow to cook down for about the last 4 minutes of cooking.
6. Place one cup of spinach onto a plate followed by a large spoonful of the balsamic tomato reduction top off with the sear chicken breast. Be sure the internal temperature is 160 degrees.
7. Serve and Enjoy!

Makes 4 servings

Nutrition Facts

Serving Size: 1 chicken breast

Calories 270
Total Fat 5g
Saturated Fat 1g
Cholesterol 100 mg
Sodium 290 mg
Carbohydrate 10g
Dietary Fiber: 11 gm
Protein 40g

Diabetic Exchanges

Protein 6
Carbohydrates 1
Fat 1