



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 degree's.
7. Serve and Enjoy!

Nutrition Facts

Serving Size: 1 Chicken Breast

Calories	270
Protein	40g
Carbohydrate	10g
Total Fat	5g
Saturated Fat	1g
Cholesterol	100mg
Sodium	290mg
Dietary Fiber	3g

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Diabetic Exchanges

Protein	6
Fat	1
Carbohydrate	1