

# Balsamic Chicken



SERVINGS: 2

PREPPING TIME: 5 MIN

COOKING TIME: 25 MIN

## INGREDIENTS

- 2, 5oz chicken breasts, boneless and skinless
- 1/4 cup balsamic vinegar
- 1 tsp (7g) honey
- 1 tbsp (14g) dijon or whole-grain mustard
- 2 cloves garlic, minced (or 1 1/2 tsp garlic powder)
- Salt and pepper to taste
- 2 tbsp avocado oil
- 2 cups cherry tomatoes
- 1 tbsp dried rosemary
- 4 oz mozzarella, sliced thin
- 2 cups broccoli florets, steamed

## DIRECTIONS

1. Preheat oven to 425 degrees.
2. In a large bowl mix together vinegar, honey, mustard, garlic, salt, and pepper.
3. Pound chicken to tenderize.
4. Add chicken to the bowl and coat chicken with vinegar mixture.
5. Transfer chicken and vinegar mixture to a glass oven dish along with the cherry tomatoes.
6. Cook in oven until internal temperature of chicken reaches 165 degree Fahrenheit (approximately 25 minutes).
7. Top with mozzarella immediately after removing from oven.
8. Serve warm with steamed broccoli florets.

## NUTRITION INFO

Calories: 499, Carbohydrate: 11 grams, Protein: 59 grams, Fat: 24 grams