



Balsamic Chicken with Broccoli

Ingredients

6, 4 oz. Chicken Breasts - Boneless,
Skinless, Raw
½ lb. Yellow Onions - Fresh, Diced ¼"
¾ Tsp Low Sodium Chicken Base - No MSG
2/3 Cup Madeira Wine (or Marsala Wine)
¾ Cup Water
4 ½ Tbsp Tomato Puree - Canned
½ Cup Balsamic Vinegar
½ Tbsp Tarragon Leaves - Fresh, Minced
¼ Tbsp Light Brown Sugar - Packed
1 Tsp Kosher Salt
½ Tsp Cayenne Pepper
2 ½ lb. Broccoli Florets - Fresh
½ lb. Red Peppers - Fresh, ¼" Strips
1 ½ Tsp Fresh Grated Lemon Rind
½ Tsp Ground Black Pepper

Nutrition Facts (per serving)

Calories	295
Fat (g)	4.1
Saturated Fat (g)	1.1
Cholesterol (mg)	0
Sodium (mg)	489
Carbohydrate (g)	28.3
Fiber (g)	0
Protein (g)	31.5
Calcium (mg)	112

Preparation

Spray a non-stick sauce pan with vegetable pan release spray (not listed). Heat over medium heat. Add chicken breasts. Brown on each side. Remove chicken from pan. Place in a 13x 9" baking dish

Add onions to hot pan. Sauté for 6 to 7 minutes or until light golden brown.

Add chicken base. Cook for 1 minute. Deglaze with wine and water.

Stir in tomato puree, balsamic vinegar, tarragon, brown sugar, salt and cayenne pepper. Bring to a simmer.

Pour above sauce over chicken. Cover with plastic wrap, then with foil.

Place in a 325 degree F. standard oven for 20 to 30 minutes or until tender and minimum internal temperature is 165 degrees F. (for 15 seconds).

Combine broccoli and red peppers in steamer pan. Mix well. Steam for 3 to 4 minutes or until broccoli is crisp-tender.

Sprinkle with lemon rind and black pepper. Toss to evenly coat.

Place 1 chicken breast on each serving plate. Place 8 oz broccoli and red pepper mixture on other half of plate. Ladle pan sauce over chicken. Serve immediately.

Serves 6

Portion Size: 21 Breast + Broccoli

