

## Chicken

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# Chicken with Balsamic Raspberry Sauce

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**Servings: 4**

**Preparation Time: 20 minutes**

**Start to Finish Time: 25 minutes**

**1 tablespoon olive oil**

**1/2 cup red onion, thinly sliced**

**1 1/2 teaspoons minced fresh thyme or 1/2 teaspoon dried thyme**

**1 teaspoon salt**

**4 boneless/ skinless chicken breast halves**

**1/3 cup Bob Evans Red Raspberry Preserves**

**2 tablespoons balsamic vinegar**

Heat the oil in a large nonstick skillet coated with cooking spray over medium heat until hot.

Add the onion. Saute' for 5 minutes or until softened. Remove the onions from the pan.

Combine the thyme and 1/2 teaspoon of salt. Sprinkle over the chicken.

In the same skillet, add the chicken and saute' for 6 minutes on each side or until done. Remove the chicken from the skillet and keep warm.

Reduce the heat to medium-low. Add 1/2 teaspoon of salt, the cooked onions, preserves, vinegar and pepper, stirring constantly until the preserves are melted.

Spoon the sauce over the chicken and serve.

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Per Serving (excluding unknown items): 39 Calories; 3g Fat (75.8% calories from fat); trace Protein; 2g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 534mg Sodium. Exchanges: 1/2 Vegetable; 0 Fruit; 1/2 Fat.