

Chicken

Saucy Peach-Balsamic Chicken

Trisha Kruse

Taste of Home Simple & Delicious - August 2011

Servings: 4

Start to Finish Time: 30 minutes

4 4-ounce boneless skinless chicken breast halves

1/2 teaspoon salt

1/4 teaspoon pepper

2 tablespoons butter

1/4 cup reduced-sodium chicken broth

1/4 cup sherry or additional chicken broth

1/3 cup peach preserves

2 cloves garlic, thinly sliced

2 teaspoons fresh tarragon, minced

1 tablespoon balsamic vinegar

Sprinkle the chicken with salt and pepper.

In a large skillet, brown the chicken on both sides in butter. Remove from the skillet and keep warm.

Add the broth and sherry to the skillet, stirring to loosen browned bits from the pan.

Stir in the preserves, garlic and tarragon. Bring to a boil.

Reduce the heat and simmer, uncovered, for 5 minutes, stirring occasionally.

Stir in the vinegar.

Return the chicken to the skillet.

Cover and cook over medium heat for 8 to 10 minutes or until a meat thermometer reads 170 degrees.

Per Serving (excluding unknown items): 243 Calories; 7g Fat (26.8% calories from fat); 27g Protein; 18g Carbohydrate; trace Dietary Fiber; 81mg Cholesterol; 410mg Sodium. Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat; 1 Other Carbohydrates.