

Chicken

Savory Balsamic Chicken

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Servings: 6

Preparation Time: 5 minutes

Cook time: 10 minutes

6 4-ounce chicken breasts

salt and pepper (to taste)

1/3 cup all-purpose flour

2 tablespoons butter, divided

1 tablespoon vegetable oil

1 1/2 cups low-sodium chicken broth

1/2 cup Worcestershire sauce

1 1/2 tablespoons balsamic vinegar

Spread the flour on a shallow dish.

Season the chicken breasts with salt and pepper, then coat both sides in the flour.

Heat one tablespoon of the butter and the oil in a large skillet.

Cook the chicken for 4 minutes on each side or until golden brown and juices run clear. Transfer the chicken to a serving dish.

In the same skillet, add the broth, Worcestershire sauce and vinegar. Bring to a boil. Cook for 5 minutes.

Stir in the remaining butter and pour the sauce over the chicken.

Per Serving (excluding unknown items): 257 Calories; 15g Fat (51.7% calories from fat); 23g Protein; 9g Carbohydrate; trace Dietary Fiber; 68mg Cholesterol; 302mg Sodium. Exchanges: 1/2 Grain(Starch); 3 Lean Meat; 0 Fruit; 1 Fat; 0 Other Carbohydrates.