

Chicken

Savory Balsamic Chicken II

Leaperrins.com

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Preparation Time: 5 minutes

Cook time: 10 minutes

6 4-ounce chicken breasts

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 Lea & Perrins Worcestershire sauce

1 1/2 tablespoons balsamic vinegar

Season the chicken breasts with salt and pepper. Dip both sides in flour.

In a large skillet, heat one tablespoon of butter and oil.

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

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

Stir in the remaining butter and pour over the chicken.

Per Serving (excluding unknown items): 1459 Calories; 91g Fat (54.6% calories from fat); 135g Protein; 36g Carbohydrate; 1g Dietary Fiber; 410mg Cholesterol; 638mg Sodium. Exchanges: 2 Grain(Starch); 18 Lean Meat; 0 Fruit; 7 1/2 Fat.