



Raspberry-Balsamic Glazed Chicken

Any flavor of fruit jam will work in this recipe.

Serves 4

- 1 tsp. olive oil
- ½ C. chopped red onion
- 4 (4 ounce) skinless, boneless chicken breast halves
- ½ teaspoon dried thyme
- ¼ teaspoon salt
- 1/3 C. seedless raspberry jam
- 2 Tbsp. balsamic vinegar
- ¼ tsp. salt and pepper

- Heat oil in a large non stick skillet over medium-high heat. Add onion, sauté for 5 minutes. Sprinkle chicken with thyme and ¼ teaspoon salt. Add chicken to pan, sauté 6 minutes on each side or until done.
- Remove chicken from pan, and keep warm.
- Reduce heat to low. Add jam, vinegar and ¼ teaspoon salt and pepper, stirring constantly until preserves melt.
- Spoon raspberry sauce over chicken.

Nutritional Information:

Calories 210	Total Fat 3g
Saturated fat .6g	Cholesterol 66mg
Carbohydrates 19g	Dietary Fiber .8g
Protein 27g	