

Recipe: Balsamic Cherry Chicken

Ingredients:

- 2 boneless chicken breasts
- ½ cup balsamic vinegar
- ½ cup red onion chopped
- 1/8 cup dried cherries
- Sea Salt
- Pepper
- Cooking spray

Directions:

Heat sauté pan over medium to high heat, coat with cooking spray.

Salt and pepper each side of chicken breast.

Cook chicken 3-4 minutes each side or until no longer pink inside.

Remove from pan and set aside.

With pan still on medium heat, add onion, balsamic vinegar and cherries.

Continue to cook, stirring constantly until vinegar has started to reduce and thicken and onions have become soft.

Pour sauce over chicken and serve!