

## Braised Balsamic Chicken allrecipes.com



Rated: ★★★★★

Submitted By: MOONANDBACK  
Photo By: TTV78

Prep Time: 10  
Minutes

Cook Time: 25  
Minutes

Ready In: 35  
Minutes

Servings: 6

"Rich, slightly sweet balsamic vinegar intensifies the flavors of tomato and herbs in this chicken saute."

### INGREDIENTS:

6 skinless, boneless chicken breast halves	1 (14.5 ounce) can diced tomatoes
1 teaspoon garlic salt	1/2 cup balsamic vinegar
ground black pepper to taste	1 teaspoon dried basil
2 tablespoons olive oil	1 teaspoon dried oregano
1 onion, thinly sliced	1 teaspoon dried rosemary
	1/2 teaspoon dried thyme

### DIRECTIONS:

- Season both sides of chicken breasts with garlic salt and pepper.
- Heat olive oil in a skillet over medium heat; cook seasoned chicken breasts until chicken is browned, 3 to 4 minutes per side. Add onion; cook and stir until onion is browned, 3 to 4 minutes.
- Pour diced tomatoes and balsamic vinegar over chicken; season with basil, oregano, rosemary and thyme. Simmer until chicken is no longer pink and the juices run clear, about 15 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).

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## Plan Healthy Meals

Monday



Tuesday



Wednesday



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