

Healthy Recipe of the Week



Use organic ingredients whenever possible.

Balsamic Chicken

Originally from "The South Beach Diet" by Dr. Agatston

Serves 6

6 boneless, skinless chicken breast halves
1 1/2 teaspoons fresh rosemary leaves, minced, or 1/2 teaspoon dried
2 cloves garlic, minced
1/2 teaspoon freshly ground black pepper
1/2 teaspoon salt
2 tablespoons extra-virgin olive oil
4-6 tablespoons white wine (optional)
1/4 cup balsamic vinegar

Rinse the chicken and pat dry. Combine the rosemary, garlic, pepper, and salt in a small bowl and mix well. Place the chicken in a large bowl. Drizzle with the oil, and rub with the spice mixture. Cover and refrigerate overnight (you can also do this in the morning and it will be ready by dinner time).

Preheat the oven to 450 degrees. Spray a heavy roasting pan or iron skillet with cooking spray. Place the chicken in the pan and bake for 10 minutes. Turn the chicken over. If the drippings begin to stick to the pan, stir in 3-4 tablespoons water or white wine (if using).

Bake 10-12 minutes more or until a thermometer inserted in the thickest portion registers 160 degrees and the juices run clear. If the pan is dry, stir in another 1-2 tablespoons of water or white wine to loosen the drippings. Drizzle the vinegar over the chicken in the pan.

Transfer the chicken to plates. Stir the liquid in the pan and drizzle over the chicken.