

One Pan Balsamic & Honey Chicken

Servings: 4

RECIPE BOX

INGREDIENTS

1/3 CUP BALSAMIC VINEGAR
2 TBSP HONEY
1 TBSP LIGHT BROWN SUGAR, PACKED
1 TBSP OLIVE OIL (for sauce) + 2 TBSP (for chicken)
2 TSP CORNSTARCH
1/2 TSP SALT
1/2 TSP PEPPER
4 THIN-SLICED BONELESS, SKINLESS, CHICKEN BREASTS (APPROX 1 LB.)
2 CUPS BROCCOLI FLORETS
1-1/2 CUPS SUGAR SNAP PEAS
1 MEDIUM RED BELL PEPPER SLICED
2 TBSP WATER (optional)



DIRECTIONS

STEP 1: In a medium bowl, combine balsamic vinegar, honey, and brown sugar, 1 TBSP olive oil, cornstarch, salt, and pepper. Whisk to mix and set aside.

STEP 2: In a large skillet, add 2 TBSP olive oil, add chicken breasts, seasoned with salt and pepper. Flip chicken about ½ way through (about 5 minutes).

STEP 3: Add sauce to pan, add vegetables to pan (add water if needed). Cover skillet and allow to cook 3-5 minutes.

STEP 4: Stir, and serve.

GF This recipe is gluten free as written.

V Use tofu slices rather than chicken.

Nutrition per Serving: Calories 458, Fat 10g, Carbs 31g, Protein 57g, Fiber 3g, Sugar 24g

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