

**Be** 

BrickhouseBodymind.com

**Nutritional  
Information**

Total Cals - 311

**Fat**

9 Grams  
81 Calories  
26% of Total

**Carbs**

21 Grams  
85 Calories  
28% of Total

**Prot**

36 Grams  
144 Calories  
46% of Total

# Balsamic Chicken

poultry - dinner



## Ingredients

3 Chicken Breasts (approx 1.25 lbs),  
cut into 6 halves  
1/2 Cup Red Wine (we used Coppola  
Shiraz)  
1/4 Cup Balsamic Vinegar  
1 14.5-oz. Can Diced Tomatoes  
2 Large Portabella Caps, cubed  
1/2 Large White Onion, cut into rings  
2 Garlic Cloves, minced  
1 tsp Basil  
1 tsp Oregano  
1 tsp Rosemary  
1/2 tsp Thyme  
Salt and Pepper to taste

## Directions

1. Season Chicken Breasts with salt and pepper
2. Heat oil in large pot over med-hi heat
3. Add onion, garlic and chicken, and sautee until chicken is sealed and onion is clear
4. Add tomatoes, mushrooms, herbs, salt & pepper, wine, and vinegar, then bring to a boil
5. Reduce heat to med-lo and simmer for about 30 minutes
6. Add flour to thicken sauce if desired

Makes 3 Servings

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