

GARLIC BALSAMIC CHICKEN SKILLET WITH CHERRY TOMATOES & BASIL

4 servings

1.5-2 pounds boneless chicken breasts or boneless skinless thighs

3 tablespoons extra virgin olive oil

5 cloves garlic, sliced

¼ cup balsamic vinegar

2-3 tablespoons chicken broth

1 cup cherry tomatoes

2 tablespoons fresh basil, sliced

Salt and pepper

1. Pound the chicken breasts between two pieces of parchment using a meat mallet until they are uniform in thickness.
2. Season both sides of the breasts liberally with salt and pepper.
3. Heat a large skillet over medium high heat. Add 2 tablespoons of olive oil and chicken breasts.
4. Cook for about 4-5 minutes each side until just cooked through. Set aside.
5. Reduce heat to medium and heat remaining olive oil in skillet. Add garlic and cook for about 30 seconds to release aromas.
6. Add balsamic vinegar and chicken broth and cook for about 5-8 minutes or until tomatoes burst. Season to taste with salt and pepper.
7. Return chicken to the skillet to heat. Add fresh basil.

Adapted from: The Primal Kitchen