

# Balsamic Chicken

- 1) Chop the onion and slice the bell peppers.
- 2) Liberally coat a large sauté pan with oil and preheat the pan over medium-high heat. Add the onion and bell pepper and sauté for 5 minutes, or until the vegetables begin to soften. Add additional oil if the vegetables start to stick to the bottom of the skillet.
- 3) Add the garlic, red pepper and oregano flakes and sauté for 1 minute, stirring constantly. Push all the veggies towards the middle of the pan to make room for the chicken breasts.
- 4) Season the chicken breasts with the salt and pepper. Add the chicken breasts to the pan and cook for 4 minutes on each side.
- 5) Add the balsamic vinegar and canned tomatoes, and bring the liquids to a boil. Reduce the heat to medium-low, and simmer uncovered for 25 minutes, stirring occasionally. Season with additional salt and pepper to taste.
- 6) Top with fresh basil, scallions or chives if desired. Add the chicken on a fresh bed of spinach, zoodles or for a twist on the zoodles use broccoli stems.

Recipe by

<http://www.joybauer.com/healthy-recipes/balsamic-chicken/>

Who doesn't love an easy chicken dinner recipe? This recipe also can stay in the fridge for 5 days so helloooooo leftovers! I'm a huge fan of leftovers. Life is too busy not to make a few extra chicken breasts or double a recipe for leftovers. An easy way to reduce some stress is leftovers. Having a family dinner is so important. I remember as a child growing up my family had dinner together 5-6 nights a week. The dinners don't have to be gourmet meals, just get together and have dinner.