



Balsamic Chicken

Homemade meals can make everyone healthier, happier, and more connected. All our meals are designed to meet each Lotus Park's family member needs by a licensed dietitian, and made fresh daily by loving people. Today we share our love with Balsamic Chicken recipe.

Community you want, Cuisine we all love!

Procedure:

1. Preheat oven to 375 degrees F.
2. Clean and trim chicken breasts. Marinate in oil and garlic. Grill the chicken in a pan over medium heat until cooked through, set aside.
3. Saute HALVED tomatoes, garlic, oil, sugar and vinegar in a pan over low heat until it forms a thick glaze.
4. Place chicken breasts in a baking pan. Top with tomato glaze and sprinkle cheese over the top and fresh chopped basil.
5. Bake in oven for 20 minutes. Internal temperature needs to reach 165 degrees F.

Cooking Time: 45 Minutes

Cooking Temp: 375 °F

Servings: 4

Serving Size: 3 oz

Ingredients:

Chicken Breast, boneless . . . 1 lbs
Oil, Olive 1 tbsp
Garlic, Minced 3 cloves
Tomatoes, Cherry 3 cups
Sugar 2 tbsp
Vinegar, Balsamic 1/3 cup
Cheese, Mozzarella 1 cup
Basil, Fresh, chopped 2 tbsp

Tips:

- We suggest shredding your own mozzarella for this recipe.
- Those roasted tomatoes with the chicken make bright and sweet tomato juices. They are particularly delicious drizzled over a bed or rice, pasta, or even some steamed veggies and paired with loving company.