

Balsamic Glazed Chicken

Ingredients

1 tsp vegetable oil
Cooking spray
½ cup red onion, chopped
1½ tsp minced fresh thyme or ½ tsp dried thyme
½ tsp salt
4 x 115gms skinned and boned chicken breast halves
1/3-cup seedless boysenberry preserves
2 tblspns balsamic vinegar
¼ tsp pepper

Method

Heat oil in a large non-stick pan coated with cooking spray over medium high heat until hot. Add onion, sauté 5 minutes. Combine thyme and ¼ tsp salt; sprinkle over chicken. Add chicken to pan; sauté 6 minutes on each side or until done. Remove chicken from pan, keep warm. Reduce heat to medium-low. Add ¼ tsp salt, boysenberry preserves, vinegar and pepper, stirring constantly until combined. Spoon boysenberry sauce over chicken.