



Balsamic Chicken

This is a simple one-pot meal that gets a tangy kick from balsamic vinegar, which is a great flavour enhancer. Serve this alongside steamed vegetables and brown rice and you have a healthy balanced dinner with minimal preparation required.

Prep: 15 minutes • Total: 30 minutes

Ingredients:

Yellow onion, thinly sliced	1 each	1 each
Red or green pepper	1 each	1 each
Garlic, minced	4 cloves	4 cloves
Chicken breast	4 each	4 each
Balsamic vinegar	½ cup	125 mL
Diced tomatoes*	1 can	15 oz

*choose no-salt-added diced tomatoes

Directions:

1. Coat a large saucepan with oil on medium-high heat. Add the onion, bell pepper, and garlic.
2. Sauté for approximately 3-5 minutes, until the onions and peppers begin to soften.
3. Add the chicken and sauté for about 4 minutes on each side until brown.
4. Add the balsamic vinegar and canned tomatoes. Reduce the heat to medium-low, cover and cook for about 20 minutes, stirring occasionally. Season with optional black pepper and red pepper flakes to taste.

Nutrition Facts

Serving Size (310g)

Servings Per Container

Amount Per Serving

Calories 240 **Calories from Fat 60**

% Daily Value*

Total Fat 6g **9%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 85mg **28%**

Sodium 250mg **10%**

Total Carbohydrate 15g **5%**

Dietary Fiber 3g **12%**

Sugars 9g

Protein 30g

Vitamin A 25% • Vitamin C 80%

Calcium 6% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Adapted from: Joy Bauer

Makes 4 servings • 1 serving = 1 chicken breast

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