

Balsamic Chicken w/Spinach & Tomatoes



This is one of those "lick your plate clean" meals

Serves 4

1T butter

1T olive oil

4 ~ 6oz chicken breasts, boneless, skinless

4 garlic cloves, minced

1/3c balsamic vinegar

1/3c chicken stock

1 ~ 15oz can diced tomatoes, drained

12oz fresh spinach, washed

8oz fettuccini, cooked

Preheat oven to 350.

Heat butter and olive oil in large sauté pan over medium heat. Sauté chicken on both sides, remove from heat and place chicken in baking dish sprayed with non~stick cooking spray.

In same pan, add garlic and cook 1 minute. Add balsamic vinegar, chicken stock and tomatoes. Bring to a boil and remove from heat. Pour over chicken but do not rinse or wipe pan.

Bake chicken 25~35 minutes or until juices run clear when pierced with fork.

Cook fettuccini while chicken is close to finished baking. Remove chicken from oven and allow to rest 5 minutes.

While chicken is resting, sauté spinach in pan until just wilted.

To serve: Plate fettuccini, top with sautéed spinach and then top with chicken, tomatoes and all pan juices.

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Debbie Spangler ~ Certified Personal Chef

www.yummyissimo.com ~ debbie@yummyissimo.com