

# Raspberry-Balsamic Chicken with Shallots

Tasty and flexible - what more could you want in a recipe? You could easily vary the flavors by making the dish with black cherry jam and red-wine vinegar, apricot jam and apple cider vinegar or orange marmalade and sherry vinegar.

**Servings:** 4 servings

**Prep:** 20 mins

**Total:** 1 hr 20 mins



## INGREDIENTS

**3/4 cup seedless all-fruit raspberry jam**

**1/4 cup balsamic vinegar**

**1/2 teaspoon salt**

**1/4 teaspoon freshly ground pepper**

**4 4- to 5-ounce boneless, skinless chicken breasts, tenders removed (see Tip)**

**2 1/2 teaspoons extra-virgin olive oil**

**1/2 cup chopped shallots, (2-3 large)**

**1 1/2 teaspoons minced fresh thyme**

## DIRECTIONS

1. Combine jam and vinegar in a small pan over medium-low heat. Cook, stirring often, until the jam is dissolved, 3 to 4 minutes. Remove from heat, stir in salt and pepper and let cool slightly. Reserve 1/2 cup of the sauce. Place chicken breasts and the rest of the sauce in a large sealable plastic bag. Seal and shake gently to coat. Marinate in the refrigerator for 1 to 1 1/2 hours.

2. Heat oil in a large nonstick skillet over medium-high heat. Add shallots and thyme and cook, stirring often, until the shallots begin to soften, about 1 minute. Remove the chicken from the marinade (discard marinade). Add the chicken to the pan and cook until just beginning to brown, 2 minutes on each side. Add the reserved raspberry sauce; stir to melt the jam and coat the chicken. Reduce heat to low, cover and cook until the chicken is cooked through and no longer pink in the center, 6 to 10 minutes. Serve immediately.

### Tips:

Tip: Chicken tenders, virtually fat-free, are a strip of rib meat typically found attached to the underside of the chicken breast, but they can also be purchased separately. Four 1-ounce tenders will yield a 3-ounce cooked portion.

Tenders are perfect for quick stir-fries, chicken satay or kid-friendly breaded "chicken fingers."

Boneless, skinless chicken breasts, arguably the most versatile cut of chicken, are very low in fat, only 1 to 2 grams of fat per serving. Conveniently, one 4- to 5-ounce breast, tender removed, yields a perfect 3-ounce cooked portion.

When preparing, trim any excess fat from the outer edge of the breast.

MAKE AHEAD TIP: Cover and refrigerate the sauce for up to 1 week.

## NUTRITION FACTS

Calories 296, Total Fat 4 g, Saturated Fat 1 g, Monounsaturated Fat 3 g, Cholesterol 66 mg, Sodium 371 mg, Carbohydrate 36 g, Protein 27 g