



Balsamic Skillet Chicken

Serves 4

Ingredients:

- ¼ cup balsamic vinegar
- 4 Tbsp. extra-virgin olive oil, divided
- 1 Tbsp. honey
- 1 Tbsp. Dijon mustard
- 2 cloves garlic, minced
- pinch of crushed red pepper flakes
- 1½ lb. chicken breast tenders or chicken thighs
- Ground pepper and sea salt
- 1 pound asparagus, trimmed
- 1 pint cherry tomatoes, halved

Directions:

1. In a small bowl whisk together the balsamic vinegar, 2 tablespoons olive oil, honey, Dijon mustard, garlic, and red pepper flakes.
2. In a skillet add 2 tablespoons olive oil and chicken. Season with pepper and sea salt, to taste. Cook chicken about 3-5 minutes per side.
3. Then move the chicken from the pan and set aside. To the skillet add the asparagus and tomatoes. Cook for about 5 minutes until the asparagus is bright green and the tomatoes are softened.
4. Arrange the skillet to add the chicken. Pour in the vinaigrette. Cook for 5-7 minutes more or until the chicken is cooked through.