

Balsamic Chicken

A rub seasoned with paprika, rosemary, and garlic gives this chicken lively flavor while a balsamic-vinegar drizzle adds subtle sweetness.

SERVINGS: 4 chicken breast halves

CARB GRAMS PER SERVING: 3

Ingredients

4 small skinless, boneless chicken breast halves (1 to 1 ¼ pounds total)

1 tablespoon paprika

1 tablespoon olive oil

½ teaspoon snipped fresh rosemary

2 cloves garlic, minced

¼ teaspoon ground black pepper

Nonstick cooking spray

¼ cup dry red wine or water

3 tablespoons balsamic vinegar

Fresh rosemary sprigs (optional)



Directions

1. If desired, place each chicken breast half between two pieces of plastic wrap and pound with the flat side of a meat mallet to a rectangle ¼ to ½ inch thick.
2. In a small bowl, combine paprika, oil, rosemary, garlic, and pepper; mix well until it becomes a paste. Rub both sides of each chicken breast half with paste mixture. Coat a 13 x 9 x 2-inch baking pan with nonstick cooking spray. Place coated chicken in prepared pan; cover and refrigerate for 2 to 6 hours.
3. Preheat oven to 450° F. Drizzle chicken with wine. Bake for 10 to 12 minutes or until an instant-read meat thermometer inserted in the thickest portion of the chicken registers 170° F and the juices run clear, turning once halfway through baking. (If chicken has been pounded, bake about 6 minutes or until chicken is no longer pink and juices run clear, turning once halfway through baking.)
4. Remove from oven. Immediately drizzle vinegar onto chicken in the baking pan. Transfer chicken to serving plates. Stir the liquid in the baking pan and drizzle over chicken. If desired, garnish with fresh rosemary. Makes 4 chicken breast halves.

Nutrition Facts

Servings: 4 Chicken breast halves

Calories 181

Total Fat 5g

Saturated Fat 1g

Cholesterol 66mg

Sodium 62mg

Carbohydrate 3g

Fiber 1g

Protein 27g

Diabetic Exchanges

Very Lean Meat (d.e.) 4

Fat (d.e.) 1