

Balsamic Chicken & Vegetables



Sirve:

6 servings

Pieza:

10" Chef's Gourmet Skillet
1.5 Qt. Double Walled Bowl

Valora: ★★☆☆☆

Contribuido por:

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Descripción de la Receta:

Simple ingredients can take your chicken to the next level with this Balsamic Chicken & Vegetables recipe. All under 30 minutes! Serve with a side of white or brown rice.

- 1/4 cup
light Italian dressing
(66 g)
- 3 tbsp
balsamic vinegar
(48 g)
- 2 tbsp
honey
(42 g)
- 1 tsp
crushed red pepper flakes

(1 3/4
g)
2 lbs
chicken breast tenderloins
(3/4
kg)
1 lb
asparagus, trimmed ends
(1/2
kg)
1 1/2 cup
matchstick carrots
(183
g)
1 cup
cherry tomatoes, halved
(149
g)

Preparación :

1. Preheat skillet over medium-high heat until several drops of water sprinkled in pan skitter and dissipate, approximately 5 - 7 minutes.
2. Add tenderloins to skillet and season with salt and pepper. Cover and cook for 7 minutes.
3. In a bowl, add the Italian dressing, honey, balsamic vinegar and crushed red pepper flakes. Whisk until combined.
4. Turn chicken tenderloins and add half of the sauce mixture to the skillet. Cover and cook for 3 minutes.
5. Remove chicken tenderloins from skillet. Add carrots, asparagus and cherry tomatoes. Cover and cook for 5 minutes, or until the vegetables are to your preference.
6. Add chicken back into the skillet and add the remaining sauce mixture to the chicken and vegetables. Cover and warm through, approximately 2 minutes.
7. Serve with a side of white or brown rice.

Información nutricional por ración

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Calorías: 329
Grasa Total: 7g
Grasa 2g
Saturada:
Colesterol: 120mg
Sodio: 447mg
Carbohidratos: 14g
Fibra 2g
Dietética:
Azúcar: 7g
Proteína: 48g