



Balsamic Chicken Breasts

This recipe was posted on Facebook in one of our popular [Weekly Weigh-In groups](#). It is so quick and easy and good for the entire family that I knew I had to share it. Here's a new take on tender moist chicken for the entire family's dinner pleasure. Serve with the side of your choice.

Ingredients:

- 6 boneless, skinless chicken breasts at about 4 ounces each
- Ground black pepper to taste
- 1 teaspoon garlic salt
- 1 onion thinly sliced
- ½ cup balsamic vinegar
- 1 can diced tomatoes (14.5 ounces)
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 1 teaspoon dried rosemary
- ½ teaspoon dried thyme

Directions:

1. Season chicken breasts with pepper and garlic salt.
2. Spray a medium frying pan with olive oil spray (I use my Misto) and heat to medium high
3. Brown the onion and seasoned chicken breasts
4. Pour tomatoes and balsamic vinegar over chicken breast and add the remaining seasonings.
5. Simmer until chicken is no longer pink and the juices run clear, around 15 minutes
6. Serve and enjoy!

Nutrition: This makes 6 servings each with around

- **160 calories and**
- **23 grams protein**