

Blueberry Glazed Chicken



Ingredients:

2 Tbsp extra virgin olive oil
2 Tbsp unsalted butter
4 skinless, boneless chicken breasts
1 tsp salt
1 small white onion thinly sliced

2 cups Blueberries, rinsed and stems removed
½ cup balsamic vinegar
⅓ cup real maple syrup
1 Tbsp chopped rosemary
1 Tbsp oregano

Directions:

Preheat oven to 350°. Season chicken with ½ teaspoon salt and ¼ teaspoon pepper. In large skillet, heat 1 tablespoon each olive oil and butter until hot and bubbly. Add chicken to pan. Sear chicken breasts over medium-high heat until lightly browned. Remove from pan and place in baking dish. Set aside. Add remaining olive oil and butter to skillet. Add onions. Cook until soft and lightly caramelized (about 3- 4 minutes). Add blueberries. Cook another minute. Stir in vinegar, maple syrup, rosemary, oregano, and remaining salt and pepper. Simmer until blueberries have softened (about 10 minutes). Pour blueberry balsamic mixture over chicken and bake until chicken is no longer pink (about 20 minutes).

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