



# Noreen's Kitchen

## Balsamic Glazed

### Chicken & Vegetables

#### Ingredients

##### Chicken

2 pounds boneless skinless chicken breast  
2 tablespoons olive oil  
2 tablespoons butter  
1 tablespoon garlic powder  
1 tablespoon onion powder  
1 tablespoon Italian Seasoning  
1 tablespoon chicken rub (optional)  
2 tablespoons balsamic vinegar

##### Vegetables

2 tablespoons olive oil  
1 pint red grape tomatoes  
1 pint orange grape tomatoes  
2 medium zucchini cut into chunks  
8 ounces Crimini mushrooms, sliced  
1 can artichoke hearts, drained and halved  
4 cloves garlic, minced

#### Step by Step Instructions

Wash and pat dry the chicken breasts.

Sprinkle seasoning over both sides of chicken evenly.

Melt butter and olive oil over medium heat, in a large, heavy bottomed skillet.

Place chicken top side down into the skillet and cook 3 to 5 minutes per side, moving around the pan to promote even browning.

When chicken is completely cooked and browned on both sides. Pour balsamic vinegar over them. Turn the meat over in the vinegar to coat well on all sides. You will see that the vinegar will begin to thicken and glaze the meat perfectly.

Remove the chicken from the pan and cover with foil to keep warm.

Add remaining two tablespoons of olive oil to pan and allow to come to heat.

Place garlic in pan and sauté just until you can smell it.

Add mushrooms and coat well with the oil.

Add remaining vegetables and stir well.

Cook until the tomatoes burst and the zucchini is tender crisp

Serve over pasta for an amazing meal!

**ENJOY!**