



Chicken

Joe's Pan Seared Chicken Breasts with Raspberry Balsamic Glaze

Serves 6

6 chicken breasts, boneless and skinless

1/2 cup onion, chopped

1/2 cup raspberry preserves

3 Tbl balsamic vinegar

1 clove garlic, minced

1/2 tsp dried thyme

1/4 tsp black pepper

1/4 tsp kosher salt

2-3 Tbl olive oil

In small bowl, mix onion, raspberry preserves, vinegar, garlic, thyme, pepper and salt. Pat chicken breasts dry, and season with additional salt and pepper, if desired. Warm olive oil in large skillet. Cook chicken over medium-high heat, 3 minutes per side, until juices run clear. Remove chicken from pan and reduce heat to medium. Add raspberry balsamic mixture to pan, scraping the crunchy bits from the bottom of the pan. Cook for 1-2 minutes, until slightly thickened. Return chicken to skillet; spoon glaze over chicken until glaze coats nicely and a thermometer inserted in chicken reads 165° F.