Jammy Balsamic Chicken





Meal Type:

LUNCH OR DINNER

Preparation Difficulty:

MEDIUM

Program Phase:

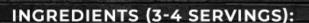
ALL PHASES

Preparation Time:

PREP: 15 minutes
COOK: 35 minutes
MARINATE: 1 HOUR+



TIP: FOR STRONGER FLAVOR, LET THE CHICKEN MARINATE 4-6 HOURS! THIS IS A GREAT TO DO IN THE AFTERNOON SO IT'S READY FOR DINNER!



3-4 chicken breasts (4 oz servings for female, 6oz servings for male)

3 tbsp avocado or olive oil (Reserve 1 tbsp for cooking)

3 tbsp balsamic vinegar

1/4 cup Berry Chai Jam (see recipe)

3 cloves garlic, minced

1 tsp pink Himalayan or regular sea salt

 In a blender, blend everything except for the chicken breast. In a zip lock bag, add the chicken breasts and the marinade. Seal the bag, shake and move the chicken around until its evenly coated.

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- 2. Place in the fridge for at least an hour.
- 3. Preheat the oven to 350 degrees F. While the oven is heating, heat a cast iron or stainless steel skillet over medium heat with 1 tbsp oil. Carefully place chicken in skillet. Sear chicken on both sides for about 3-5 mins each, until there is good color.
- 4. Remove skillet from stovetop. Cover it with foil and place in the oven (if using a stainless steel skillet, make sure it's oven safe!) for 25-35 mins. Make sure the chicken reaches an internal temperature pof 165 degree F and is cooked through.
- 5. Allow chicken to rest for 10 mins and serve with vegetable of choice!

