



Balsamic Chicken with Mushrooms

Ingredients: 2 tsp vegetable oil, 3 Tbsp of balsamic vinegar, 2 tsp of Dijon mustard, 1 medium clove garlic, crushed, 1 pound of boneless, skinless chicken breast - 4-4oz. pieces. 2 Cups of small mushrooms, cut in half, 1/3 cup of canned chicken broth, 1/4 tsp of dried, crumbled Thyme.

Instructions: Heat 1 tsp of oil in a medium skillet. In a medium bowl, mix 2 Tbsp of vinegar, the mustard and garlic. Add chicken and turn to coat. Transfer chicken and marinade to hot skillet and sauté until cooked through. Transfer chicken to a platter and keep warm. Heat remaining tsp of oil in skillet and sauté mushrooms for a minute, and then add broth, thyme and remaining Tbsp of vinegar. Cook, stirring occasionally, until mushrooms are deep brown. Serve chicken topped with mushrooms.