

Cherry Balsamic Chicken

Ingredients:

- 6 boneless, skinless, chicken breasts
- 6 fresh sprigs of rosemary
- 2 cups pitted cherries
- 2 garlic cloves, minced
- 1/2 cup olive oil
- 3 tablespoons balsamic vinegar
- Kosher salt to taste

Directions:

1. Preheat the oven to 400°F. Place all the chicken in the bottom of a heavy pan or cast iron skillet, and tuck the rosemary sprigs around the chicken.
2. In a separate bowl, mix cherries, garlic, olive oil, and vinegar. Season with salt to taste.
3. Pour the cherry mixture onto the chicken. Roast for 25-30 minutes or until the chicken breasts have cooked through.

Nutrition Facts	
Serving Size 1 Chicken Breast (235g)	
Servings Per Container 6	
Amount Per Serving	
Calories 270	Calories from Fat 100
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 80mg	27%
Sodium 710mg	30%
Total Carbohydrate 9g	3%
Dietary Fiber 1g 4%	
Sugars 7g	
Protein 35g	
Vitamin A 0%	Vitamin C 4%
Calcium 2%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

For more information, please contact:

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