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

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

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.

For more information, please contact:
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