

Balsamic Chicken

Ingredients:

2 Tbls Sprigs & Sprouts Meyer Lemon Olive Oil
4 chicken breasts, no bone or skin
Salt and fresh ground black pepper

For the Glaze:

1/2 t. fresh thyme
1/2 t. fresh sage
2 T. grape or currant jelly
1/2 tsp of dry mustard powder
2 Tbls Sprigs & Sprouts Meyer Lemon Olive Oil
2 Tbls Sprigs & Sprouts Raspberry Balsamic Vinegar

Directions:

Preheat oven to 400 degrees.

Glaze: In a bowl, whisk the thyme, sage, jelly, Meyer Lemon Olive Oil, Raspberry Balsamic Vinegar, and mustard powder until well blended. Set aside.

Coat the chicken with Meyer Lemon Olive Oil, salt and pepper.

Place chicken on a shallow baking pan. Roast for 10 minutes.

Brush the top with glaze, then turn the chicken over and brush the other side.

Cook 10 minutes longer or until chicken is no longer pink, brush once more and cook for an additional 5 minutes.

Serve immediately