

Blueberry Balsamic Glazed Chicken



Ingredients:

- 2 T olive oil, divided
- 1 T butter
- 4 boneless chicken breasts, skin removed
- 1 t salt, divided
- 1/4 t pepper
- 2 shallots, thinly sliced
- 2 c blueberries
- 1/2 c balsamic vinegar
- 1/4 c maple syrup
- 1 T rosemary, coarsely chopped

Directions:

1. Heat 1 T olive oil and butter in large skillet. Season chicken with 1/2 t salt and pepper. Add to skillet when butter and oil are bubbly.
2. Sear chicken over medium-high heat about one minute on each side. A light crust should form, remove from heat and set aside in baking dish.
3. Add remaining oil to skillet, stir in shallots and cook about 4 minutes, until softened and slightly caramelized.
4. Add blueberries and cook for 1 minute. Add remaining ingredients, (including remaining salt) and simmer about 10 minutes.
5. Pour blueberry mixture over chicken. Bake at 350° F for about 30 minutes, until chicken is cooked thoroughly and juices run clear.

Makes 4 servings.