

Chicken Breast with Honey-Balsamic Glaze



Weight Watchers Recipe



Ratings (1461)

4

PointsPlus
Value

Prep time: 3 min **Cook time:** 15 min

Other time: 0 min

Serves: 4

If you find that your jar of honey has crystallized, heat the open jar in a microwave for 30 seconds.

Ingredients

1 1/2 tsp dried thyme

1/2 tsp table salt

1/4 tsp black pepper

1 tsp olive oil

1 pound(s) uncooked boneless skinless chicken breast(s), four 4-oz pieces

2 Tbsp balsamic vinegar

2 Tbsp honey

Instructions

Combine first 3 ingredients; sprinkle over both sides of chicken.

Heat oil in a large nonstick skillet over medium-high heat. Add chicken; cook 7 to 8 minutes on each side or until chicken is done.

Transfer chicken to a platter; keep warm. Reduce heat to medium-low; add vinegar and honey to pan. Simmer 1 minute or until glaze thickens; stir constantly. Pour glaze over chicken. Yield: 4 servings (serving size: 1 chicken breast half).