

PREPARATION: 10 MINUTES

COOKING: 20 MINUTES

4 SERVINGS

# BALSAMIC CHICKEN

## INGREDIENTS

1 tablespoon olive oil

500g chicken breast, sliced ½ inch

½ cup Spanish onions, cut in quarters

1 cup mushroom, sliced

1 tablespoon flour

2 tablespoons balsamic vinegar

¾ cup no salt added chicken stock (see recipe on page 17)

1 tablespoon honey

2 sprigs fresh rosemary



## PREPARATION

- 1** In a frying pan, heat oil over medium high heat. Fry chicken slices for 3 minutes on each side or until golden brown. Fry in batches not to overcrowd the pan. Remove chicken from the pan.
- 2** Add onions and mushrooms. Stir and fry for about 3 minutes until they brown. Add a bit of oil if necessary.
- 3** Sprinkle the flour over the onion and mushrooms. Stir to distribute the flour. Then add the vinegar and chicken broth. Stir to dissolve the flour. Reduce the heat to low and add the chicken, honey and rosemary.
- 4** Cover and simmer for 10 minutes. If the sauce is too thick, add some chicken broth. If the sauce is too thin, take the cover off and let simmer for a few minutes.
- 5** Add pepper to taste. Serve with rice and green beans.

### Nutrient Analysis

**PER SERVING:**

¼ of recipe

**RENAL EXCHANGE:**

3 Protein + 1 Vegetable

Calories	210Kcal
Protein	27g
Carbohydrates	10g
Fibre	0.6g
Total Fat	7g
Saturated Fat	1.1g
Cholesterol	83mg
Sodium	68mg
Potassium	503mg
Phosphorus	277mg