

## Braised Balsamic Chicken

Serves 6

### Ingredients

6 skinless, boneless chicken breast halves  
Ground black pepper to taste  
1 teaspoon garlic salt  
2 tablespoons grape seed oil  
1 onion, thinly sliced  
½ cup balsamic vinegar  
1 (14.5 oz) can diced tomatoes  
1 teaspoon dried basil  
1 teaspoon dried oregano  
1 teaspoon dried rosemary  
½ teaspoon dried thyme



### Directions:

1. Season chicken breasts with ground black pepper and garlic salt. Heat grape seed oil in a medium skillet, and brown the onion and seasoned chicken breasts.
2. Pour tomatoes and balsamic vinegar over chicken, and season with basil, oregano, rosemary and thyme. Simmer until chicken is no longer pink and juices run clear, about 15 minutes.
3. Enjoy.