

## Balsamic Garlic Chicken Breast with Brown Rice & Broccoli

### Ingredients

- 1 teaspoon balsamic vinegar
- 1 garlic clove chopped
- ⅛ teaspoon sea salt
- ⅛ teaspoon black pepper
- 1 ½ tablespoons coconut oil
- 4 chicken breast skinless, boneless
- ½ teaspoon fresh oregano
- ½ teaspoon fresh thyme



Makes 4 servings

Prep time: 5 minutes

Marinade time: 1-2 hours

Cook time: 7 minutes

### Preparation

Combine balsamic vinegar, garlic, sea salt, pepper and coconut oil. Whisk until well blended for marinade. Add chicken, toss until well coated. Marinate for 1-2 hours. Drain and discard excess marinade. Place chicken on sheet pans. Sprinkle ⅛ tsp oregano and ⅛ tsp thyme over each breast. Bake in oven at 375 degrees F for 9 minutes, or in convection oven at 325 degrees F for 7 minutes. Serve with brown rice and broccoli. Option: Grill chicken on grill for 1-2 minutes on each side until well-marked, then place in oven as above for 5 minutes.

*Recipe: Sodexo*