



Perfect Chicken Breast with Grape Glaze

PREP TIME: 25 min | COOK TIME: 15 min

SERVINGS: 8 | PER SERVING: 176
Calories

Ingredients

For the Chicken:

2 lbs. chicken breasts, trimmed
of excess fat
1 1/3 Tbsp. olive oil
Kosher salt and black pepper, TT

Grape Glaze:

1 tsp olive oil
2 cups red seedless grapes, halved
1 Tbsp. shallots, thinly sliced
1/2 tsp thyme, fresh, minced
2 Tbsp. balsamic vinegar
2 Tbsp. Dijon mustard
Kosher salt & black pepper, TT



Exclusive Recipe by **Chef Ryan Hutmacher**, Centered Chef Founder &
Winner of ABC's "The Chew: Search for the Weight Watchers Chef"



METHOD

Perfect Chicken Breast:

Place the chicken breasts between two sheets of plastic wrap or in a plastic zippered bag and gently pound with a pan or rolling pin to 1/4" thickness. Remove the pounded chicken breasts, blot with paper towel to remove excess moisture and season with salt and pepper.

At the same time, preheat a non-stick skillet or grill pan over medium-high heat for 3 minutes.

Add first listed olive oil to the skillet (if using a grill or grill pan, brush oil directly onto chicken then place onto preheated surface) and immediately cook the chicken breasts 4-6 minutes on one side until golden brown, at which time you flip and cook another 4-6 minutes, achieving the same color. The internal temperature should reach a minimum of 165 F, then remove and cover with foil.

Grape Glaze :

After removing the chicken turn down the heat to low, using the same pan with drippings. Add second listed oil along with grapes and shallots. Cook until soft, about two minutes.

Add the thyme and cover for 1-2 minutes to soften grapes and meld flavors. Remove the lid allowing most of the liquid from the grapes to evaporate at which time you add the balsamic vinegar and mustard. Reduce glaze until thick. Season with salt and pepper to taste.

Serving Option #1: Use this rustic glaze "as is" to sauce your perfect chicken breasts.

Serving Option #2: Transfer the grapes glaze to a mini food processor or small blender (always allow to cool first) then use as basting sauce for meats while grilling.

Tip: This grape glaze also makes for a great vinaigrette for salads the next day!

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