

Blackberry Balsamic Chicken

- 3 tablespoons Migliore Extra Virgin Olive Oil (any choice)
- 1/2 cup chopped red onion
- salt and pepper to taste
- 1/2 teaspoon thyme
- 6 skinless, boneless chicken breasts halves
- 1/3 cup seedless blackberry preserves
- 2 tablespoons Migliore Traditional Balsamic Vinegar

Heat (1) Tbsp. Olive Oil in skillet and saute 6 minutes on each side or until done. Add onion and saute until translucent. Set aside.

Sprinkle salt, pepper, and thyme over the chicken. Add the remaining Olive Oil to skillet and saute chicken 6 minutes on each side or until done.

Remove chicken from skillet and keep warm. Reduce heat to med. low and add preserves, balsamic and onions, stirring until preserves melt. Spoon the sauce over the chicken to serve.