



Balsamic Marinated Chicken

Sweet-tart balsamic vinegar spiked with garlic and Italian seasoning makes a fast and flavorful marinade for chicken. Serve this low-carb chicken recipe your favorite vegetables!

Ingredients

- ¼ cup extra-virgin olive oil
- ¼ cup balsamic vinegar
- 2 cloves garlic, minced
- 1 tablespoon Italian seasoning
- 1 teaspoon salt
- ½ teaspoon freshly ground pepper
- 1-1 ¼ pounds boneless, skinless chicken

Preparation

1. Whisk oil, vinegar, garlic, Italian seasoning, salt and pepper in a bowl until well combined.
2. Place chicken in a shallow dish or 1-gallon seal-able plastic bag. Add the marinade and refrigerate for at least 1 hour and up to 12 hours. Remove from the marinade and pat dry.
3. Preheat grill to medium-high or position a rack in upper third of oven and preheat broiler: **To grill:** Oil the grill rack. Grill the chicken, turning once, until an instant-read thermometer inserted into the thickest part registers 165 degrees F, 4 to 8 minutes per side. **To broil:** Line a broiler pan (or baking sheet) with foil and coat with cooking spray. Place the chicken on the foil. Broil, watching carefully and turning at least once, until an instant-read thermometer inserted into the thickest part registers 165 degrees F, 10 to 15 minutes total.

Nutrition (per serving)

Serving size: 4-5oz; 169 calories; protein 22.9g; carbohydrates 1.1g; fat 7.3g; saturated fat 1.4g; cholesterol 62.7mg; sodium 249.7mg

Source: eatingwell.com.

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