

ROSEMARY CHICKEN (TUSCAN STYLE)

Ingredients

3 tbsp. butter

1½ tbsp. olive oil

3 cloves garlic

3 large boneless, skinless chicken breasts

½ cup red wine vinegar

1 tsp. salt

1 cup dry vermouth

3 tbsp fresh rosemary

¾ tsp. pink peppercorns

Directions

- Cut each chicken breast in half. Blot the chicken dry with a paper towel.
- Heat a large skillet over medium-high heat. Add the butter and olive oil. When the butter has melted, add the garlic and cook for about 30 seconds until the garlic is golden. Discard the garlic.
- Add the chicken breasts and cook until well browned on both sides (1-2 minutes). Reduce heat to medium and add vinegar and salt. Cover immediately and cook for about 5 minutes until the vinegar aroma subsides.
- Add the rosemary and vermouth and cook uncovered until the chicken is tender and has reached 165 degrees Fahrenheit on a thermometer (about 10 minutes). Remove the chicken to a large platter.

- Add the peppercorns to the skillet and bring the sauce to a boil. Boil for 3 - 5 minutes until the sauce has reduced and is slightly thickened. Serve over the chicken.

Source: diabetesstrong.com

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