HELLO
BALSAMIC GLAZE
A tangy, sweet sauce for the veggies and meat to soak right up

PREP: 10 MIN  |  TOTAL: 30 MIN  |  CALORIES: 500

Yukon Gold Potatoes  |  Baby Carrots  |  Herbs de Provence  |  Yellow Onion  |  Garlic
Grape Tomatoes  |  Chicken Breasts  |  Balsamic Vinegar  |  Honey
1 **PREHEAT OVEN AND ROAST VEGGIES**

Wash and dry all produce. Preheat oven to 400 degrees. Cut potatoes into ½-inch cubes. On a baking sheet, toss potatoes, carrots, Herbs de Provence, a drizzle of olive oil, and a pinch of salt and pepper. Roast in oven until lightly browned, 25-30 minutes, tossing halfway through.

2 **PREP**

Peel, halve, and thinly slice onion. Mince or grate garlic. Halve grape tomatoes lengthwise.

3 **SEAR CHICKEN**

Heat a drizzle of olive oil in a large pan over medium-high heat. Season chicken breasts all over with salt and pepper. Sear in pan until browned and almost cooked through, 3-4 minutes per side. Remove from pan and set aside on a second baking sheet (or in a baking dish).

4 **MAKE GLAZE**

Add onion and a drizzle of olive oil to same pan over medium-low heat. Cook until softened, about 5 minutes. Toss in garlic, tomatoes, balsamic vinegar, and honey. Cook until vinegar and any juices are slightly thick, about 2 minutes. Stir in 1 TBSP butter.

5 **BAKE CHICKEN**

Spoon glaze (including onions and tomatoes) over chicken. (TIP: It’s OK if some glaze runs onto baking sheet.) Bake in oven until chicken is cooked through, 5-7 minutes.

6 **PLATE AND SERVE**

Divide roasted veggies between plates, then add a chicken breast to each. Spoon any loose onions, tomatoes, and glaze on top.

**LUSCIOUS!**

Use the veggies to swipe all that delicious sauce from the plate.