

## **Chicken with Blackberry Balsamic Sauce**

Servings: 2

Adapted from

<http://www.taste.com.au/recipes/3654/pork+with+strawberry+balsamic+sauce>

### **Ingredients**

1/2 cup blackberries  
2 Tbsp balsamic vinegar  
1 teaspoon sugar  
2 boneless, skinless chicken breasts  
1/4 teaspoon black pepper  
1 teaspoon butter  
1/4 cup fat-free, lower sodium chicken broth

### **Preparation**

- 1) Place blackberries in a glass or ceramic bowl with vinegar and sugar; set aside
- 2) Sprinkle chicken breasts with pepper.
- 3) Heat butter in a large nonstick skillet over medium heat. Add chicken to pan; cook 6 minutes on each side or until done. Remove from pan; cover and let stand 2 minutes.
- 4) Heat skillet to medium-high heat and add broth. Heat until boiling then add the blackberry mixture. Reduce heat to low and just heat through. Serve chicken with blackberry-balsamic sauce over top.

## **Oven Roasted Green Beans**

Servings: 2

From <http://www.greenbeansnmore.com/recipe-i.html>

### **Ingredients**

1/2 lb green beans, stem ends snapped off  
1/2 tablespoon olive oil  
1/4 teaspoon salt  
1/4 teaspoon pepper

### **Preparation**

- 1) Preheat oven to 450 degrees.
- 2) Adjust the oven rack to the middle position. Line baking sheet with aluminum foil.
- 3) Spread beans on baking sheet. Drizzle with oil and use hands to toss green beans to coat them evenly with the oil. Sprinkle with salt and pepper; toss to coat. Distribute in one even layer. Roast 10 minutes.
- 4) Remove baking sheet and redistributed beans. Put back in oven and continue

baking 10-12 minutes until the beans are dark golden brown in spots and have started to shrivel.