

## Honey Balsamic Chicken Tenders

Servings: 2

From

<http://budgetbytes.blogspot.com/2012/07/honey-balsamic-chicken-tenders-497.html>

### Ingredients

1 large chicken breast  
1/8 cup balsamic vinegar + 1 tablespoon, divided  
1/4 teaspoon minced garlic  
1 tablespoon olive oil, divided  
1/4 teaspoon salt  
1/4 teaspoon pepper  
1/2 tablespoon butter  
1 1/2 tablespoon honey

### Preparation

- 1) Slice the chicken breast on a diagonal into six strips each. Place the strips in a quart sized zip top bag along with 1/8 cup of balsamic vinegar, garlic, 1/2 tablespoon of olive oil, salt and pepper. Mix the ingredients in the bag and let marinate in the refrigerator for at least 30 minutes.
- 2) When you're ready to cook, heat the second 1/2 tablespoon of olive oil in a large skillet over medium heat. When the oil is hot, cook the strips until browned on both sides (about 2-3 minutes each side). You may have to do two batches. Place the cooked chicken on a clean plate.
- 3) Turn the heat down on the skillet to medium-low and add the butter and last tablespoon of balsamic vinegar to the skillet. Use a spoon to stir the mixture and dissolve the sticky bits off of the bottom of the skillet. Once the mixture has dissolved together, add the honey, increase the heat, and allow the sauce to simmer until thickened (about five minutes).
- 4) Once the sauce has thickened, add the chicken back to the skillet and toss to coat in the warm balsamic sauce. Serve immediately.

## Grilled Panzanella

Servings: 2

Adapted from <http://www.myrecipes.com/recipe/grilled-panzanella-50400000113243/>

### Ingredients

1 tablespoon olive oil, divided  
1 small zucchini, quartered lengthwise  
2 slices whole-wheat bread  
1/4 teaspoon kosher salt, divided  
1/4 teaspoon freshly ground pepper, divided  
1/4 teaspoon minced garlic

1/2 tablespoon white wine vinegar  
2 cups lettuce  
1 tablespoon sliced olives  
2 ounces crumbled feta cheese

**Preparation**

- 1) Heat grill (or grill pan) to medium. Brush squash and bread with 1/2 tablespoon olive oil and garlic; season with half the salt and pepper. Add squash and bread to grill; cook, turning occasionally, until squash is tender and bread is charred (4-6 minutes).
- 2) In a large bowl, combine remaining 1/2 tablespoon olive oil, remaining salt and pepper, and vinegar; whisk well.
- 3) Cut squash and tear bread into 1-inch pieces; toss in dressing with lettuce and olives.
- 4) Divide salad among 2 plates, and top each with crumbled feta.