

Maple Balsamic Chicken

Ingredients:

- 4 Tablespoon white flour
- 4 Teaspoon cooking oil
- 2 Teaspoon maple syrup
- 1 teaspoon low sodium soy sauce
- 2 Teaspoons balsamic vinegar
- ½ cup chicken broth, low sodium
- ½ cup water
- 1 medium onion, sliced
- 1 pound of chicken breasts, boneless, skinless
- 2 Teaspoon thyme leaves, dried

Preparation:

- 1) Pre-heat oven to 350°.
- 2) Cut chicken breasts into 8 pieces and dust with flour.
- 3) In a Dutch oven, heat 2 teaspoons of oil and brown chicken on both sides. Place browned chicken into an oiled baking dish.
- 4) Heat another 2 teaspoons of oil, sauté onion until translucent. Add the rest of the ingredients and bring to a boil.
- 5) Pour sauce over chicken and bake in the oven for 20-30 minutes or until the chicken is cooked through.

Makes 4 servings

Nutrition Information per serving (4 Protein Exchanges):

Calories 231 kcals	Potassium 470mg
Protein 27g	Phosphorus 267mg
Carbohydrates 12g	
Sodium 168mg	

Source: National Kidney Foundation