

RECIPE OF THE WEEK: PALEO EDITION

Balsamic Mustard Chicken

Ingredients:

2 boneless, skinless chicken breasts (each cut in half long way)
¼ cup Balsamic
¼ cup extra virgin olive oil
3 cloves of minced (or chopped) garlic
2 ½ tablespoons spicy brown mustard
salt and pepper to taste

Instructions:

Rinse off your chicken breast and place them on a cutting board season both sides with salt and pepper to your liking. Place them in a ziplock bag add the balsamic, extra virgin olive oil, spicy brown mustard and garlic. Zip up the bag and massage the chicken in the bag to ensure it all gets coated nicely! place in the refrigerator and let marinade for as long as you want (mine marinated for about 3 hours, the longer the better).

Cooking the chicken:

I like to use a medium size sauce pan; place it on medium high heat and let the pan get nice and hot! Put just a drizzle of extra virgin olive oil, place your chicken breast in the pan and brown on both sides. Once you have browned both sides you can turn your heat down just a little to about medium and add in some of the marinade juices cover with a lid and let the juices reduce down in the pan with the chicken. Occasionally checking on the chicken and stirring around the sauce to make sure to pick up all the yummy chicken bits on the bottom of the pan until the chicken is fully cooked and no longer pink on the inside (you can flip the chicken one more time if you would like).

Compliments of everydaypaleo.com

