

Balsamic-Honey-Pecan Chicken

Serves 2

2 chicken breast halves (about 4-5 oz. each)

1 Tbsp. honey

2 Tbsp. balsamic vinegar

2 cloves smashed garlic

1/4 cup breadcrumbs

1/4 cup chopped pecans

salt and pepper

Mix the honey, balsamic vinegar and garlic together. Add the chicken, and rub in the marinade. Allow to marinate for about 20-30 minutes.

Preheat the oven to 375. Combine the bread crumbs and pecans. Sprinkle the chicken with salt and pepper and then dredge in the breadcrumb/pecan mixture.

Place a wire rack on a cooking sheet and spray with oil. Place the chicken on top and spray the top with a little cooking oil. Bake for about 25 minutes or until chicken is cooked through.

elley says opa!

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