

Balsamic Chicken

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Ingredients: 2lbs/pkgs chicken cutlets

1 bunch asparagus

6-8 large carrots

2 tomatoes

1 package rice pilaf

Sauce: 1/2 ➡ 2/4 cup Italian dressing

4 tbsp balsamic vinegar

3 tbsp honey

Large punch crushed red pepper

To taste salt & pepper

Preparation

Cut chicken into bite size cubes & pan fry in olive oil until done.

Cut peeled carrots in thirds & then into large julienne spears.

Clean asparagus & cut into thirds. Cook carrots & asparagus in olive oil in fry pan until tender. Combine chicken, carrots, & asparagus in serving bowl. Dice 2 tomatoes & place on top of chicken & vegetables.

Sauce:

Combine all ingredients in small sauce pan until heated and pour over top of chicken.

Serve over rice pilaf.