

ROSEMARY FIG CHICKEN



INGREDIENTS:

- 3 chicken breast (~4-5 oz uncooked)
- 3 rosemary springs
- 1 shallot
- 1 oz fig jam
- 1/4 cup water

DIRECTIONS:

1. Cook chicken per preference, set aside
 2. Mince shallot
 3. Strip rosemary from stem and chop finely
 4. Spray a pan with oil and heat on medium heat
 5. Add shallots and rosemary, cook for around 2-3 minutes or until soft
 6. Once soft add fig jam, balsamic vinegar, and water. Cook on medium heat while mixing until sauce thickens. ~4 minutes
 7. Spread half of the fig rosemary jam over 1 chicken breast
- Enjoy!

Makes 2 Servings | Serving Size: ~3 oz Chicken
Calories: 216 | Protein: 27 g | Carb: 16 g | Fat: 4 g | Fiber: 1