Seasonal Eating



Strawberry Balsamic Chicken

3-4 tablespoons olive oil

4 boneless, skinless chicken breasts, pounded 3/8" thick

1/2 teaspoon salt

1/4 teaspoon black pepper

1/3 cup finely chopped almonds

1/4 cup green onion, minced

1/2 cup chicken broth

1/2 cup roasted strawberries, mashed (see below)

1 tablespoon balsamic vinegar

1 tablespoon fresh rosemary, chopped

In large skillet, heat oil over medium-high heat. Season chicken with salt and pepper and dredge in almonds. Place chicken in pan and cook 5-6 minutes on each side until no longer pink. Remove and keep warm. Reduce heat to medium and sauté green onions for 1 minute. Add chicken broth, strawberries, vinegar and rosemary. Simmer, uncovered until slightly thickened, about 3-5 minutes. Place chicken on serving dish and pour balsamic sauce over it.

Roasted Strawberries:

1 pound fresh strawberries

2 tablespoons sugar

2 tablespoons balsamic vinegar

Toss ingredients together and spread on rimmed baking sheet lined with a silpat or parchment paper in a single layer. Roast at 250 degrees for about 1 hour until berries are soft, dark and concentrated in color and flavor. Stir gently 3-4 times to baste berries with accumulating juices.