

This entree is a fantastic way to savor fresh tomatoes, especially during the warm summer months. It's quite simple, but the sweet, tangy tomato glaze is so good.

INGREDIENTS:

- 2 tablespoons honey
- 2 tablespoons olive oil, divided
- 2 cups grape tomatoes
- 4 boneless skinless chicken breast halves (6 ounces each)
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 2 tablespoons balsamic glaze



INSTRUCTIONS:

1. Preheat oven to 400°. In a small bowl, mix honey and 1 tablespoon oil. Add tomatoes and toss to coat. Transfer to a greased 15x10x1-in. baking pan. Bake 5-7 minutes or until softened.
2. Pound chicken breasts with a meat mallet to 1/2-in. thickness; sprinkle with salt and pepper. In a large skillet, heat remaining oil over medium heat. Add chicken; cook 5-6 minutes on each side or until no longer pink. Serve with roasted tomatoes; drizzle with glaze.

Editor's Note: To make your own balsamic glaze, bring 1/2 cup balsamic vinegar to a boil in a small saucepan. Reduce heat to

medium; simmer 10-12 minutes or until thickened to a glaze consistency. Yield: about 2 tablespoons.

Nutrition Facts

1 chicken breast half with 1/2 cup tomatoes and 1-1/2 teaspoons glaze: 306 calories, 11g fat (2g saturated fat), 94mg cholesterol, 384mg sodium, 16g carbohydrate (14g sugars, 1g fiber), 35g protein.

Nutrition is provided as a courtesy and is an estimate. If this information is important to you, please have it verified independently.