Braised Balsamic Chicken with broccoli

2 lb boneless skinless chicken breasts, cut in half on the horizontal axis or 4 already cut in half

1 tsp garlic powder

S+P TT

2 T olive oil

1 white onion, thinly sliced

1-14.5 oz can diced tomatoes

½ C Balsamic Vinegar

1 tsp dried basil

1 tsp dried oregano

1 tsp dried rosemary

½ tsp dried thyme

1. Season both sides of chicken with garlic powder, salt and pepper
2. Heat olive oil over medium heat in a skillet and cook 3-4 minutes per side, until browned
3. Add onion. Cook and stir until the onion is browned, another 3-4 minutes
4. Pour diced tomatoes and balsamic vinegar over chicken. Season with basil, oregano, rosemary and thyme.
5. Simmer until the chicken is done by touch

Sautéed Broccoli:

3-4 bunches broccoli, florets removed and stems trimmed

1 tsp salt

3 T olive oil

3 T lime juice

2 T balsamic vinegar

4-5 garlic cloves, minced

1) Bring 2 qt water to a boil, add salt and broccoli

2) Cook for 3 minutes

3) Drain broccoli very well

4) Heat 3 T oil in a frying pan set to medium and sauté garlic until light golden

5) Add broccoli and sauté 2-3 minutes, stirring to coat broccoli with oil

6) Toss with lime juice and balsamic vinegar and serve