

REAL SIMPLE

HANDS-ON TIME: 15 MINUTES
TOTAL TIME: 1 HOUR, 5 MINUTES
MAKES 4 SERVINGS

Balsamic Poached Chicken

INGREDIENTS

- 1 pound new potatoes, halved or quartered
- 3 tablespoons olive oil
- 1 teaspoon kosher salt
- ¼ teaspoon black pepper
- 1 pound asparagus, trimmed
- 1 14.5-ounce can low-sodium chicken broth
- 1 cup balsamic vinegar
- 1½ pounds boneless, skinless chicken breasts

Heat oven to 400° F. Place the potatoes in a roasting pan. Drizzle with the oil. Season with $\frac{3}{4}$ teaspoon of the salt and the pepper, and toss. Roast for 30 minutes, shaking the pan once. Add the asparagus to the pan with the potatoes, season with the remaining salt, and toss. Roast until the asparagus is tender, 12 to 15 minutes. Meanwhile, in a saucepan, bring the broth and vinegar to a boil. Add the chicken and, if necessary, enough water (up to $\frac{1}{2}$ cup) to cover it. Simmer for 1 minute.

Cover, remove from heat, and set aside until cooked through, about 15 minutes. Transfer the chicken to a cutting board. Return the liquid to medium-high heat and simmer until reduced to about $\frac{1}{3}$ cup, about 10 minutes. Thickly slice the chicken. Divide the ingredients among individual plates. Drizzle with the balsamic mixture

Nutrition Per Serving

Calories 440 (28% from Fat) • Fat 13g (Sat 2g) • Sugar 11g; Protein 47g • Cholesterol 100mg
Sodium 600mg • Fiber 4g • Carbohydrate 32g

© 2006 Time Inc. All Rights Reserved.

MEMO