

Caramelized Onion Chicken

Yield: 4 servings

Ingredients

1 pound chicken breast tenders
½ teaspoon salt
¼ teaspoon freshly ground black pepper
1 teaspoon olive oil
½ cup sliced onion
½ cup seedless raspberry jam
1 tablespoon red wine vinegar
1 tablespoon low-sodium soy sauce
1 teaspoon minced ginger
1 teaspoon fresh rosemary, chopped very fine

Directions

1. Sprinkle chicken with salt and pepper. Heat oil in a large nonstick skillet over medium-high heat.
2. Add onion & sauté 2 minutes.
3. Add chicken to pan & sauté until chicken is done. Remove onion and chicken from pan.
4. Add jam and remaining 4 ingredients to pan, cook 2 minutes, stirring constantly with a whisk. Return chicken mixture to pan, cook 4 minutes, stirring occasionally.

