

SAUTÉED CHICKEN BREASTS WITH BASIL AND BALSAMIC PEACH REDUCTION

4 servings

INGREDIENTS

4 boneless, skinless chicken breasts
1/2 cup flour
1 tbl butter
2 tbl olive oil
1 cup chk broth
8.5 oz can peaches in syrup
1 tbl balsamic vinegar
4 tsp minced fresh basil

PREPARATION

Drain peaches and reserve 1 tbl of syrup. Chop peaches. Heat butter and oil in a large skillet over medium-high heat. Rinse breasts and pat dry. Season breasts with salt and pepper, then dredge in flour. Sauté breasts until browned, about 4 min per side (turn on stove exhaust fan if you have one). Remove breasts to a plate and tent with foil to keep warm. Reduce heat to medium. Add chicken stock to skillet and deglaze. Add peaches and reserved syrup. Reduce by about 1/2. Add balsamic vinegar and basil, and cook for 30 seconds. Spoon over chicken. Serve with glasses of La Zingara.



LA ZINGARA

WHITE WINE | CALIFORNIA

Pairs well with fish, chicken
and turkey dishes.

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