



Zesty Balsamic Chicken

By Chef Veera Gaul, Ph.D.



Ingredients

(* indicates my preferred ingredients – see notes for alternatives)

- 3 tablespoons O&V [Garlic EVOO](#) *
- 4 large chicken thighs (boneless, skinless)
- 1½ teaspoons garlic powder
- 1 teaspoon onion powder
- 1 teaspoon O&V [Tuscan dipper](#) *
- ½ teaspoon EACH, salt and pepper (divided)
- 1 medium red onion, thinly sliced
- 1 red bell pepper, thinly sliced (or orange bell pepper)
- ½ cup chicken stock
- ¼ cup O&V [IGP Balsamic](#) *
- 2 teaspoons grated lemon zest
- 3 tablespoons lemon juice
- 2 teaspoons brown sugar
- 2 teaspoons fresh chopped thyme
- 1 tablespoon unsalted butter to finish

Preparation

Season the chicken with the garlic powder, onion powder, Tuscan dipper, and ¼ teaspoon each of salt and pepper.

Heat 2 tablespoon of oil in a large skillet over medium -high heat and add the chicken. Sear turning once till browned on all sides (about 6-8 minutes total time). Remove to a plate.

Reduce heat to medium, add the remaining tablespoon of oil and sauté the onion and red pepper stirring occasionally until softened and slightly browned.

Combine the stock, balsamic vinegar, lemon zest, lemon juice, brown sugar, half the thyme, and remaining ¼ teaspoon each of salt & pepper together in a bowl. Add to the skillet and cook, for 1-2 minutes while loosening the browned bits on the bottom of the pan that have been left by the searing of the chicken.

Return the chicken to the pan, partially cover and cook for 10-15 minutes until the chicken is fully cooked

Transfer chicken to serving plates, add the remaining thyme and the pat of butter to the sauce, stir and serve over the chicken

Serves 4

Active time 25 minutes Total Time: 30 minutes

Notes

* The [Garlic EVOO](#) adds a nice additional layer of garlicky flavor. The better the quality of the [IGP Balsamic](#), the better the flavor of this dish. A younger, tangier IGP balsamic is perfect for this recipe. Another amazing option is to use [Red Onion Vinegar](#) and add an additional ¼ cup of stock. I love the [Tuscan Dipper Spice mix](#), but certainly feel free to use your own favorite and robust Italian seasoning

All highlighted products are available at [Oil & Vinegar stores](#)

Categories: Entrée, Gluten Free, Dairy Free, Easy Weeknight Meal, Red Onion Vinegar, Garlic EVOO, IGP Balsamic, Chicken Thighs, 30 Minute Dinner