

Strawberry Basil Chicken

INGREDIENTS:

3-4 large chicken breasts
3 T olive oil
3 garlic cloves, crushed
½ tsp sea salt
½ tsp freshly ground pepper
2 cups chopped fresh strawberries
½ cup chopped fresh basil
3 T balsamic vinegar

PROCESS:

Heat a large skillet to medium heat. Add 2 T olive oil and garlic, cook for minutes or until fragrant.

Prepare your chicken breasts; you may need to pound the breast to make them a bit thinner or butterfly.

Salt and pepper each side, add to the pan. Cook for 3-5 minutes per side (until golden brown, but cooked through).

Meanwhile, prepare topping. Toss together strawberries, basil, balsamic and 1 T olive oil. Top each chicken breast with strawberry mixture, and salt & pepper to taste. Add additional balsamic vinegar if needed.

ENJOY!

Tip: You could grill the chicken as well.

Serve over chopped lettuce salad for an amazing summer meal!

From: wholesomelicious.com

