Blueberry Balsamic Thyme Chicken



Prep time: 2 minutes

Cooking time: 30 minutes

Servings: 4

Ingredients

- 4 boneless chicken breasts
- 1 1/2 cups blueberries (fresh or frozen)
- 1/4 cup blackberry balsamic vinegar (or substitute plain balsamic vinegar)
- 3-4 sprigs of finely chopped fresh thyme, avoiding the thick stems
- 1 tsp garlic salt
- 1 tsp dried, ground thyme
- Fresh ground pepper

Directions:

- **For the chicken:**
- Preheat oven to 375 F

- Season the chicken with garlic salt, dried thyme and ground pepper.
- Place in a glass baking dish and bake for 30 minutes.
- **For the sauce:**
- While the chicken is baking, prepare the sauce.
- In a small saucepan, combine the blueberries, balsamic vinegar, and chopped fresh thyme.
- Cook on medium heat for approximately 10 minutes until flavors blend.
- Pour over baked chicken to serve.

Recipe adapted by Linda Andersen