

Lucky's Quickie Chickie



Fresh basil is essential to get that fresh burst of flavor with a hint of sweet and sour in this dish. The ingredients are all on hand when my herb garden is in season! Add a salad and a favorite vegetable for a quick weeknight meal.

By Lucky Noodles

Prep: 10 mins

Cook: 10 mins

Total: 20 mins

Servings: 2

Yield: 2 servings



Ingredients

2 teaspoons olive oil

6 ounces chicken tenderloin strips

¼ teaspoon salt

⅛ teaspoon freshly ground black pepper

2 tablespoons chopped fresh basil

1 ½ teaspoons honey

1 ½ teaspoons balsamic vinegar, or more to taste

Directions

Step 1

Heat olive oil in a nonstick skillet over medium-high heat. Season chicken with salt and pepper. Cook and stir chicken in the hot oil until chicken is no longer pink in the center, about 3 to 5 minutes. Stir basil, honey, and balsamic vinegar into chicken and cook for 1 more minute.

Cook's Note:

Any cut of chicken will work with this method; just adjust the cooking time accordingly.

Nutrition Facts

Per Serving: 157 calories; protein 17.8g; carbohydrates 5.3g; fat 6.8g; cholesterol 48.5mg; sodium 334.3mg.