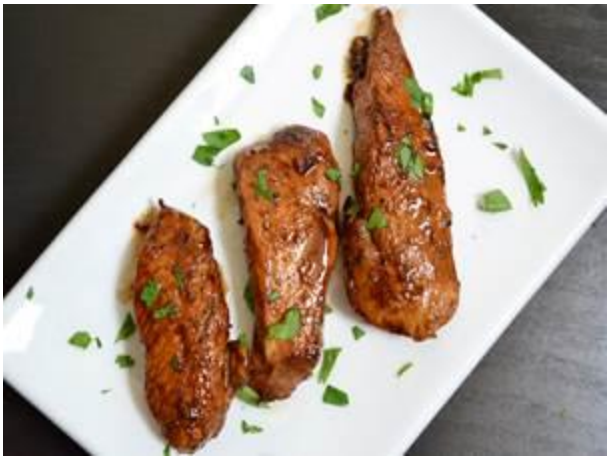
Honey Balsamic Chicken Tenders



Ingredients:

- 2 medium (1.5 lbs.) chicken breasts
- ¼ cup balsamic vinegar
- 1 clove garlic
- 2 T. olive oil, divided
- To taste salt and pepper
- 1 T. butter
- 2 T. balsamic vinegar
- 3 T. honey

Directions:

1. Slice chicken breasts into 6 strips each. Place the strips in a quart sized Ziploc bag along with ¼ cup balsamic vinegar, one clove garlic, 1 tablespoon olive oil, and a pinch of salt and pepper. Mix the ingredients in the bag and let marinate in the refrigerator for at least 30 minutes.
2. Meanwhile, heat the second tablespoon of olive oil in a large skillet over medium heat. When the oil is hot, cook the strips until both sides are browned, about 2-3 minutes each side. You may have to do 2 batches. Place the cooked chicken on a clean plate.
3. Turn the heat down on the skillet to medium-low and add the butter and ad last 2 tablespoons of balsamic vinegar to the skillet. Use a spoon to stir the mixture and dissolve the sticky bits off of the bottom of the skillet. Once the mixture has dissolved together, add the honey, increase the heat, and allow the sauce to simmer until thickened (about 5 minutes).
4. Once the sauce has thickened, season to taste with salt and pepper. Add the chicken back to skillet and toss to coat in the warm balsamic sauce. Serve immediately.

Each March, the Academy of Nutrition and Dietetics encourages Americans to return to the basics of healthful eating through National Nutrition Month. This year's theme is "Savor the Flavor of Eating Right", which encourages everyone to take time to enjoy food traditions and appreciate the pleasures, great flavors and social experiences food can add to our lives. Sometimes it's not always all about *what* we eat, but also how, when, why and where we eat. Make sure to enjoy the sight, sounds, memories and interactions associated with eating for an overall healthy eating plan. Savor the flavor of eating right by developing a mindful eating pattern that includes nutritious and flavorful foods, while also taking the time to enjoy everything a healthful and tasty meal brings with it. Take time to enjoy food traditions and find creative, healthful and nutritious ways to add flavor to food. Be sure to appreciate the flavors, textures, and overall eating experience. In today's busy world, we often eat quickly and mindlessly. Eat slowly by eating one bite at a time and focus on the different flavors and textures. Stop and take time between bites. Eating slowly not only allows you to enjoy your food, but it can also help you eat less by giving your stomach time to tell your brain that you are full.

This recipe packs a lot of flavor in and would be delicious with a side of brown rice and mixed vegetables!