

Cherry Wine Spiced Chicken



45 min



Moderate



Serves 2

Ingredients:

1/2 tsp Cinnamon

1 tbsp Italian Seasoning

1 tsp Garlic Powder

Fresh Minced Garlic

Pepper and Pink Salt to taste

2 Chicken Breasts

1 cup Cherries

White or Yellow Onion

2 tbsp Balsamic Vinegar

1 cup Red Wine

Chicken Broth

Cinnamon Spice Mix:

- Combine seasonings in a small bowl, set aside.

Bake:

- Place chicken on baking sheet.
- Lightly drizzle chicken broth around chicken, sprinkle over 3/4tsp spice mix.
- Bake at 400 degrees for 20-25 min or until thoroughly cooked.
- Once finished, plate chicken.

Sauce:

- As chicken bakes, heat 1-2 tbsp water in a skillet over med heat- or substitute water for broth!
- As water begins to steam, add in onions and stir frequently, adding liquid as needed.
- Once onions are browned and tender, add in a pinch of fresh minced garlic and stir.
- Slowly pour in 1 cup red wine, 1/2 cup chicken broth, 2 tbsp balsamic vinegar, and remaining spice rub.
- Stir to combine ingredients, and reduce sauce by half.
- Add cherries to pan and cook until cherries have noticeably softened.
- Lightly press cherries to break and release juices.
- For added sweetness, stir in optional stevia or monk fruit.
- Pour Cherry Wine Sauce over chicken and serve!