



Makes: 6 servings

Prep Time: 10 minutes Cook Time: 25 minutes

Total Time: 35 minutes

Easy Balsamic Chicken

Ingredients

Balsamic Chicken Marinade:

- 1/4 cup extra virgin olive oil
- 3 tbsp balsamic glaze, store-bought is fine
- 1 tbsp tomato paste
- 1 tsp honey
- 1 lemon, juiced
- 4 to 5 large garlic cloves, minced
- 1 tbsp fresh thyme
- 1 tsp dried oregano
- 1/2 tsp sweet paprika

For the Chicken:

- 8 boneless and skinless chicken thighs, (about 1 & 1/2 pounds)
- Kosher salt and black pepper
- Fresh thyme, for sprinkling optional

Instructions

In a large mixing bowl, whisk together the olive oil, balsamic glaze, tomato paste, honey and lemon juice. Add the garlic cloves, thyme, oregano and sweet paprika. Whisk again to combine.

Pat the chicken dry and season generously with kosher salt and black pepper on both sides. Add the chicken to the mixing bowl and toss to coat with the balsamic marinade. Set aside briefly for a few minutes while you heat the oven (or if you have time, cover and refrigerate for a couple hours).

Heat the oven to 425°F and adjust a rack to the middle.

Transfer the chicken to a baking dish or a heat-safe skillet. Bake on the center rack of the heated oven for about 25 to 30 minutes or until the chicken is fully cooked through (internal temperature of cooked chicken should register 165 degrees F). Remove from the oven and serve with an extra sprinkling of fresh herbs.

Chef's Notes:

Marinate the chicken ahead of time. If you have time, allow the chicken thighs to sit in the balsamic marinade in the fridge for 2 to 4 hours. This will really amp up the flavor.

Chicken Breast Option: For best results, use chicken breasts that are similar in thickness. To do this, lightly pound each breast with a meat mallet. Chicken breasts baked at 425°F will take about 18 minutes or so to fully cook, and it does help to start the chicken covered in the oven for the first 10 minutes or so.

Leftovers and Storage: Allow any cooked balsamic chicken to cool, then transfer to a tight-lid container and refrigerate for 3 to 4 days.

Recipe from The Mediterranean Dish