



# Balsamic Chicken with Onions

NIBBLEDISH CONTRIBUTOR

## Ingredients

- Chicken breast
- Chopped **onion** (about 1/4 cup)
- **3 garlic cloves**
- **Olive oil** (about 2 Tbsp.)
- **Balsamic vinegar** (2-4 Tbsp. maybe more?)
- **Lime juice** (about 1 Tbsp.)
- Onion powder
- White pepper
- Black pepper
- Sea salt
- Brown sugar
- Paprika
- Crushed red pepper
- Coriander seed powder

## Instructions

1. Add the **oil** and some **balsamic vinegar** in a pan and heat to medium-high. While that's heating up chop up the **onions** and **garlic**, then place them in the pan to caramelize.
2. In a small bowl, combine the **onion powder, peppers, salt, paprika, crushed red pepper, coriander** and **brown sugar**. Combine equal amounts of all these ingredients, but more of the **brown sugar**.
3. Trim all the fat off the **chicken**, and coat it with the mixture in the bowl. Once the **onions** and **garlic** are caramelized, place the coated **chicken** breast in the pan, along with the **lime juice** and some more **balsamic vinegar**. Cook for several minutes in each side of the chicken, and keep coating it with the liquid.

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Once it looks done on the inside, plate it along with all the onions and enjoy!

originally from [my blog](#).