



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.

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

originally from [my blog](#).