

# STRAWBERRY JAMMED CHICKEN



## Ingredients

- 1 lb boneless chicken breast
- 1/4 cup Hero strawberry fruit spread
- 2 tablespoons balsamic vinegar
- 1/4 teaspoon garlic powder
- 1/8 teaspoon onion powder
- 1 tablespoon brown sugar
- 1 teaspoon soy sauce
- 3 tablespoons water
- 1/2 tablespoon olive oil
- 1 dash black pepper



## Preparation



Mix all ingredients except chicken in a small bowl.  
Microwave about 15 seconds to melt sugar. Stir to blend.

Brown chicken in a large saute pan coated with cooking spray  
about 5-10 minutes. Add sauce.

Cook over low heat stirring sauce & turning chicken occasionally  
for about 10 minutes or until chicken juices run clear.  
Serve with rice if desired.

YIELD: 4 servings