

## ***Balsamic-Glazed Chicken Slabwich***

Courtesy of Carole's Creations

Prep Time: 15 minutes

Cooking Time: 15-20 minutes

Serves: 4

***CChints:*** A Slabwich is my version of an open faced sandwich. Balsamic vinegar might seem a little tangy but it sweetens as it cooks. Ponzu sauce is a citrus flavored, low sodium soy sauce and can be found on the Asian isle of most markets.



1/2 cup balsamic vinegar

1/3 cup dry red wine

2 teaspoon Ponzu sauce

2 teaspoons brown sugar

1/8 teaspoon ground cinnamon

3 boneless, skinless chicken breasts, 4 if they are small ones

1/2 teaspoon salt and a dash of black pepper

5 teaspoons olive oil, divided

1 large red onion, cut in half and thinly sliced

4 slices of your favorite bread, lightly toasted

3 ounces of goat cheese

1 cup baby arugula

10-12 kalamata olives, sliced

Serve with your favorite side sliced fruit

In a small saucepan combine the vinegars through cinnamon. Bring to a boil over medium heat and stir occasionally until the sauce reduces in about 10 minutes. Remove the pan from the heat and let it cool down.

Rinse the chicken and cut off any excess fat. Heat a large nonstick skillet over medium heat and add 3 teaspoons of oil. Sprinkle the chicken with salt and pepper and cook covered for 4-5 minutes on each side or until the chicken is done in the center. Transfer the pieces to a cutting board to rest for a few minutes while you start cooking the onions. Tent with a piece of foil to keep them warm.

Using the same skillet, reduce the heat slightly and add the last 2 teaspoons of oil and the onions to the pan. Stir occasionally for 5-6 minutes until they begin to soften and brown. Remove the pan from the heat.

Slice the chicken into thin pieces and tent with foil again. Toast the bread and spread about 1 tablespoon of goat cheese on each piece. Divide the chicken evenly among the bread and top with some arugula then the onions. Put a spoonful of sauce on top and sprinkle with the olives and any remaining goat cheese. Enjoy!