



GLASSES  
GOES  
GLUTEN  
FREE



# HONEY BALSAMIC BRUSSEL BOWL

LOW-CARB, CAPRESE STYLE BOWL

## YOU WILL NEED:

### Marinade:

2 - 4 ounce chicken breast thinned out to  
 $\frac{1}{2}$  -  $\frac{3}{4}$ " thick

1 Tablespoon Oil

1 Tablespoon balsamic vinegar

1 Tablespoon honey

$\frac{1}{2}$  teaspoon garlic

### Brussel Bowl:

1 Tablespoon butter

1 Tablespoon oil

$\frac{1}{2}$  lb brussel sprouts, cut into thin strips

$\frac{1}{4}$  red onion, cut into strips

$\frac{1}{2}$  teaspoon salt

1 Tablespoon balsamic vinegar

1 Tablespoon honey

$\frac{1}{2}$  teaspoon minced garlic

$\frac{1}{2}$  cup diced fresh mozzarella or feta

$\frac{1}{2}$  cup diced tomato

Basil, chiffonade for garnish

- 1 Mix together marinade (oil, balsamic, honey, and garlic) and place in small bag with chicken overnight.
- 2 Next day, warm skillet on medium heat. Place chicken in pan when heated and cook each side for 3-4 minutes (lightly salt each side as you go) or until chicken fully cooked. Set aside. Wipe out skillet if needed.
- 3 In same skillet, add butter and oil. After melted, add brussel sprouts and onion. Saute on medium-high heat for 3-4 minutes. Sprinkle with salt.
- 4 Mix together balsamic, honey, and garlic. Add into skillet and cook for an additional 2 minutes.
- 5 Place brussels into bowl and top with cooked chicken, tomatoes, cheese, and basil.