

## Balsamic Peach Skillet Chicken

This balsamic peach chicken is a little sweet, a little tangy, and a whole lot of good! Serve over traditional rice or cauliflower rice for an easy dinner that everyone will love.



Prep Time 5 mins	Cook Time 20 mins	Total Time 25 mins
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Course: Entree Cuisine: Dairy Free, Gluten Free, Paleo  
Keyword: balsamic, chicken, peaches, quick, skillet Servings: 6 servings  
Author: Christina

★★★★★  
5 from 5 votes

### Ingredients

- 1 1/2 tbsp olive or avocado oil
- 2 lbs chicken breasts skinless, boneless, cut into 1-inch pieces
- 1 tsp salt
- 1/2 tsp black pepper
- 4 cups peaches diced, about 4 large peaches or 5 medium peaches
- 1 1/4 cup water
- 1/3 cup balsamic vinegar
- 3 tbsp honey
- 1 tsp garlic minced
- 1 tbsp fresh basil chopped

### Instructions

1. Heat oil in a large skillet (I use my 12") over medium-high heat. Once oil is hot, add chicken. Season with salt and pepper. Sauté, flipping occasionally, for 4 to 5 minutes or until chicken has some browning. Remove from skillet and set aside.
2. Add diced peaches, water, balsamic vinegar, honey, and minced garlic. Simmer on medium-high heat, stirring occasionally, for 8 to 10 minutes or until peaches are tender. You should see quite a bit of bubbling as it cooks.
3. Reduce heat to medium-low. Add chicken back to the skillet and stir in fresh basil. Cover and simmer for 5 minutes or until warmed through. Taste. Add more salt or honey to taste.

### Nutrition

Calories: 289kcal | Carbohydrates: 21g | Protein: 33g | Fat: 8g | Saturated Fat: 1g | Cholesterol: 97mg | Sodium: 569mg | Potassium: 770mg | Fiber: 2g | Sugar: 19g | Vitamin A: 435IU | Vitamin C: 9mg | Calcium: 19mg | Iron: 1mg