



Blueberry Chicken

- 16 oz frozen Blueberries or 2 cups fresh
- $\frac{3}{4}$ cup sugar
- 1 tsp balsamic vinegar
- 1 dash of nutmeg
- 4 boneless skinless chicken breasts

Directions

Preheat oven to 350 degrees.

In a small saucepan, heat blueberries over medium heat. Stir in sugar. Continue to stir while mixture heats. The blueberries will pop releasing juice. Allow Blueberry sauce to heat to boiling. Let boil for 1 minute and then remove from heat. Stir in vinegar and nutmeg.

Place Chicken breasts in baking dish and pour sauce over chicken.

Bake for 30 minutes at 350.

Serve with rice or couscous. Might even be great on a bed of baby spinach!