Balsamic Chicken

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be well ILLINOIS

Ingredients:

- 4 small skinless, boneless chicken breast halves (1 to 1-1/4 pounds total)
- 1 tablespoon paprika
- 1 tablespoon olive oil
- 1/2 teaspoon snipped fresh rosemary
- 2 cloves garlic, minced
- 1/4 teaspoon ground black pepper
- Nonstick cooking spray
- 1/4 cup dry red wine or water
- 3 tablespoons balsamic vinegar
- Fresh rosemary sprigs (optional)

Directions:

1. Heat olive oil or butter in a skillet over medium heat.
2. Add the spinach and cook for 2 minutes until warmed through.
3. Beat the eggs in a bowl and pour them into the skillet with the spinach.
4. Scramble until the eggs are fully cooked, about 3-4 minutes.
5. Season with salt and pepper and serve with a slice of whole grain toast if desired.

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