

balsamic-soy glaze

In microwave-safe small bowl, stir 2 tablespoons balsamic vinegar, 2 tablespoons dark brown sugar, and 2 tablespoons soy sauce. Cook, uncovered, in microwave oven on High 2 minutes, stirring once.

>> Each serving chicken with glaze: About 370 calories, 39 g protein, 9 g carbohydrate, 19 g total fat (5 g saturated), 0 g fiber, 152 mg cholesterol, 605 mg sodium. ►