

## Frugal Foodie Friday: Easy Balsamic Chicken with Sautéed Vegetables

Last week our favorite “farmers” market (a grocery store, but focused on produce, bulk foods, fresh items, etc.) had boneless, skinless chicken breasts on for \$1.67 per lb. Since we are using more lean protein, we stocked up. Okay, that is an understatement. We packed our tiny little freezer right to the ice maker! So, when my Taste & Create partner was announced, I ♥ Food 4 Thought, I went straight to the categories on her site and selected chicken. One dish immediately caught my eye, the Balsamic Chicken and Mushrooms. Let me tell you, it is delicious! In fact, I have already made it a few times. The first time I followed the recipe exactly, and then I added in some of her suggestions and a few of my own tweaks, to create this recipe for Balsamic Chicken with Sautéed Vegetables. The entire dish is very low in fat, sugar-free, gluten-free, egg-free, nut-free, soy-free, and of course, dairy-free.