

# GOUT-FRIENDLY RECIPES

## Balsamic Chicken

**Prep and cook time: 2 hours and 30 minutes**

4 boneless chicken breasts

1/2 cup of olive oil

1/2 cup of balsamic vinegar

1-2 cloves of crushed garlic

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### Directions:

- 1 In a large sealable bag, combine the olive oil, balsamic vinegar and crushed garlic
- 2 Add the chicken, seal the bag and then refrigerate the chicken in the marinade for approximately 2-4 hours
- 3 Grill or bake until the chicken is fully cooked
- 4 Serve with your choice of steamed vegetables