

Balsamic Chicken with Sautéed Spinach and Maple Mashed Sweet Potatoes

2 lbs chicken cutlets
1 ½ cup balsamic vinegar
½ cup divided olive oil
2 cloves garlic sliced
1 package of baby spinach

Bread chicken cutlet in flour and egg (set aside for 10 minutes)

Heat ¼ cup olive oil-brown cutlets till golden brown.

Remove and place cutlets to paper towel

When done put chicken back in the pan and coat with balsamic vinegar on both sides again remove to a plate.

Sauté spinach with garlic and olive oil for 4 minutes place chicken on top of the spinach and serve with sweet mashed potatoes

Recipe for sweet mashed potatoes

4-5 potatoes (1 per person)

Boil cubed sweet potatoes for 20 to 30 minutes

Drain blend with skim milk, salt, pepper and 2 Tbs maple syrup or honey