



Hello again from Hilton Head Oils,

As we head into the holiday season I wanted to remind you to think of shipping dates to make sure any packages that you may be planning on sending arrive on time. There are fewer days between Thanksgiving and Christmas this year and so UPS is telling us that packages should be shipped by December 13 to be confident that your package will arrive on time.

Hilton Head Oils is now open on Sundays from 12 -5 from this week through the end of 2019.

And now the recipe. Many people have requested that I resume including recipes in the Hilton Head Oils emails. Since I have very limited cooking skills I got one of my sisters to help me. Give it a try. Happy Holidays to everyone. Terry

BALSAMIC GLAZED CHICKEN

½ T olive oil (a flavored EVVO adds extra flavor, such as our Lemon EVVO from Italy)

1 ½ pounds chicken breasts (appx 3 breasts cut in half)

2 tsp Italian seasoning blend

Cayenne pepper (to taste)

Sea salt and black pepper (to taste)

1 C balsamic vinegar (white balsamic, such as our new Lemon-Cucumber from Italy)

Add olive oil to a large fry pan over medium high heat.

Toss in some chicken breasts (cut them in half horizontally to cover them in more sticky-sweet-deliciousness).

Season the chicken with salt, pepper, italian seasoning and some cayenne (optional).

Brown, flip and season the other side; after both sides are browned pour in the balsamic vinegar.

Reduce the heat to medium low and let the chicken simmer in the balsamic for 15-20 min as the vinegar reduces.

Occasionally flip the chicken to allow the sticky vinegar reduction to soak in and completely coat it.

It is done when there is a thin layer of sticky vinegar left on the bottom of the pan and the glaze is sweet and thick and coating the chicken.

Note: Don't leave the chicken unattended when the vinegar is almost cooked down...it evaporates very quickly as it thickens and you'll want to watch it to make sure it doesn't start to burn.

Suggestions: Serve over roasted sweet potatoes, wild rice or veg-pasta salads.