

Balsamic Pears and Chicken with Blue Cheese

24 Servings



**Pacific Northwest
Canned Pears**
Always ripe. Always ready.

Ingredients

24 (5-ounce) boneless, skinless chicken breasts
Kosher salt and freshly ground black pepper
6 tablespoons olive oil
1-1/2 cups balsamic vinegar
24 Pacific Northwest Canned Pears, halves, in juice, drained
and juice reserved
3 tablespoons unsalted butter, cold
12 ounces blue cheese, crumbled

Method

Preheat the oven to 350 degrees F.

Season chicken breasts with salt and pepper. Heat 3 tablespoons olive oil in large skillet over medium-high heat; sear half of the chicken breasts until golden brown on each side. Remove seared chicken to baking sheet with sides and repeat with remaining olive oil and chicken. Place the baking sheets in the oven to finish cooking.

While chicken is in the oven, deglaze skillet with 1-1/2 cups of the reserved pear juice and balsamic vinegar. Stir over medium heat until liquid is slightly reduced and syrupy; whisk in butter just until incorporated. Season to taste with additional salt and pepper as needed.

Add pear halves to the pan, turning once to coat with sauce on both sides. Remove pan from heat.

To serve, place chicken breasts on individual plates or a large platter. Drizzle with sauce. Place a pear half next to each chicken breast, and fill its cavity with blue cheese. Crumble additional cheese over chicken breast as garnish.

Servings

Makes 25 servings

Nutrition

<i>Calories</i>	309
<i>Calories from fat</i>	37%
<i>Fat</i>	113.1
<i>Cholesterol</i>	105 mg
<i>Sodium</i>	739 mg
<i>Carbohydrate</i>	13.8g
<i>Dietary Fiber</i>	1 g
<i>Sugar</i>	11.3 g
<i>Protein</i>	33.4 g
<i>Vitamin A</i>	197iu
<i>Vitamin C</i>	2.1mg
<i>Calcium</i>	91 mg
<i>Iron</i>	0.9 mg