

**Chicken**

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# **Apricot N Onion Chicken**

Taste of Home April 2008

**Servings: 6**

**Preparation Time: 20 minutes**

**Bake Time: 30 minutes**

**3 medium apples, sliced**  
**2 large onions, thinly sliced**  
**1 tablespoon butter**  
**6 boneless skinless chicken breast halves (5 oz ea)**  
**1/4 teaspoon salt**  
**1/8 teaspoon pepper**  
**3/4 cup reduced-fat Swiss cheese, shredded**  
**1/4 cup Parmesan cheese, grated**  
**1/4 cup seasoned bread crumbs**  
**1/2 teaspoon fresh thyme, minced**  
**2 tablespoons unsweetened apple juice**

Preheat oven to 350 degrees.

In a large skillet, saute' apples and onions in butter for 10 minutes or until tender. Transfer to a 13-in x 9-in x 2-in baking dish coated with cooking spray. Top with chicken, sprinkle with salt and pepper.

Combine the cheeses, bread crumbs and thyme; sprinkle over chicken. Drizzle with apple juice.

Bake, uncovered, for 30-35 minutes or until chicken juices run clear.

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Per Serving (excluding unknown items): 105 Calories; 3g Fat (27.3% calories from fat); 3g Protein; 17g Carbohydrate; 3g Dietary Fiber; 8mg Cholesterol; 304mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 1/2 Fat.