

Chicken

Apricot-Lemon Chicken

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Servings: 4

4 (six ounce each) boneless/ skinless chicken breast halves
1 teaspoon curry powder
1/2 teaspoon salt
1/4 teaspoon ground pepper
2 teaspoons canola oil
1/3 cup apricot spreadable fruit
2 tablespoons water
2 tablespoons lemon juice
grated lemon peel (for garnish)

Flatten the chicken breasts to 1/2-inch thickness.

In a bowl, combine the curry powder, salt and pepper. Sprinkle over the chicken.

In a large skillet, cook the chicken in the canola oil over medium heat for 5 to 6 minutes on each side or until a thermometer reads 170 degrees. Remove to a serving plate.

Add the apricot spreadable fruit, water and lemon juice to the pan. Cook and stir until syrupy, about 2 minutes.

Serve over the chicken. Sprinkle with the lemon peel.

Per Serving (excluding unknown items): 72 Calories; 2g Fat (28.8% calories from fat); trace Protein; 13g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 267mg Sodium. Exchanges: 0 Grain(Starch); 1 Fruit; 1/2 Fat.