

Chicken

Sweet and Sour Chicken

Cooking Light

Servings: 4

If you like Soy Sauce.

4 6-ounce boneless/skinless chicken breasts

plastic wrap

1/2 teaspoon salt

1/4 teaspoon black pepper

1 tablespoon olive oil

1/4 cup fat-free, low-sodium chicken broth

3 tablespoons apricot preserves

1 1/2 tablespoons low-sodium Soy sauce

2 tablespoons fresh lime juice

2 teaspoons Thai chile paste

fresh cilantro leaves

Place chicken breast halves between two sheets of plastic wrap; pound to 1/2-inch thickness. Sprinkle chicken with 1/2 teaspoon salt and 1/4 teaspoon pepper.

Heat a large skillet over medium-high heat. Add one tablespoon olive oil to pan. Add chicken; saute' 3 minutes on each side or until done. Transfer to a serving platter.

Add 1/4 cup of chicken broth, apricot preserves and soy sauce to pan; bring to a boil. Stir. Cook 1 minute.

Remove from heat; stir in lime juice and Thai chile paste. Spoon over chicken. Garnish with fresh cilantro leaves.

Per Serving (excluding unknown items): 72 Calories; 3g Fat (40.1% calories from fat); 1g Protein; 11g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 498mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 0 Fruit; 1/2 Fat; 1/2 Other Carbohydrates.