

Chicken

Almond Chicken with Apricot Sauce

Taste of Home April 2008

Servings: 6

Preparation Time: 15 minutes

Bake Time: 30 minutes

1 cup apricot spreadable fruit
3 tablespoons reduced-sodium soy sauce
2 tablespoons onion, finely chopped
4 teaspoons cider vinegar
1 teaspoon ground mustard
6 boneless skinless chicken breast halves (6 oz each)
1/2 cup sliced almonds
1 tablespoon butter, melted

Preheat oven to 350 degrees.

In a shallow bowl, combine the first five ingredients, transfer 1/2 cup to a serving bowl and set aside. Dip chicken in remaining apricot mixture. Place in a 13-in x 9-in x 2-in baking dish coated with cooking spray.

Sprinkle almonds over chicken; drizzle with butter. Bake, uncovered, for 30-35 minutes or until juices run clear.

Serve with reserved apricot sauce.

Per Serving (excluding unknown items): 190 Calories; 8g Fat (37.9% calories from fat); 3g Protein; 27g Carbohydrate; 1g Dietary Fiber; 5mg Cholesterol; 321mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 1 1/2 Fruit; 1 1/2 Fat; 0 Other Carbohydrates.