Apricot-Glazed Chicken with Spring Vegetables

Food Network Magazine

Servings: 4

1 1/2 pounds skinless/ boneless chicken breasts Kosher salt

freshly ground pepper

- 1 tablespoon extra-virgin olive oil
- 2 tablespoons unsalted butter
- 4 carrots, cut into 1/2-inch pieces
- 1 bunch (one pound) asparagus, ends trimmed and cut into 2-inch pieces 12 ounces (2-1/2 cups) snow peas,
- 12 ounces (2-1/2 cups) snow peas, trimmed
- 3 tablespoons apricot preserves
- 4 teaspoons Dijon mustard
- 4 scallions, chopped
- 1 tablespoon chopped fresh tarragon
- 1 teaspoon lemon zest, finely grated

Preparation Time: 35 minutes

Cut each chicken breast into four or five large chunks. Season with salt and pepper. Heat a large nonstick skillet over medium-high heat. Add the olive oil. Add the chicken and cook, turning, until browned on all sides and almost cooked through, about 4 to 6 minutes. Remove to a plate.

Add one tablespoon of butter to the skillet. Reduce the heat to medium. Add the carrots and 1/2 cup of water. Cover and simmer until the carrots are crisp-tender, 3 to 4 minutes. Uncover and increase the heat to medium-high. Cook until the water evaporates, 1 minute.

Reduce the heat to medium and melt the remaining one tablespoon of butter in the skillet. Add the asparagus, snow peas and 1/4 teaspoon of salt. Cover and cook until the vegetables are crisp-tender, about 3 minutes.

Return the chicken to the skillet along with the apricot preserves, mustard, scallions, tarragon and lemon zest. Simmer, tossing, until the preserves are melted and the chicken and vegetables are glazed., Season with salt and pepper.

Start to Finish Time: 35 minutes

Per Serving (excluding unknown items): 237 Calories; 10g Fat (35.9% calories from fat); 7g Protein; 33g Carbohydrate; 8g Dietary Fiber; 16mg Cholesterol; 105mg Sodium. Exchanges: 0 Lean Meat; 4 1/2 Vegetable; 0 Fruit; 2 Fat; 1/2 Other Carbohydrates.

Chicken

Dar Carrina Mutritional Analysis

Calories (kcal):	237	Vitamin B6 (mg):	.4mg
% Calories from Fat:	35.9%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	53.1%	Thiamin B1 (mg):	.3mg
% Calories from Protein:	11.0%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	10g	Folacin (mcg):	109mcg
Saturated Fat (g):	4g	Niacin (mg):	2mg
Monounsaturated Fat (g):	4g	Caffeine (mg):	0mg 0
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0 0 0%
Cholesterol (mg):	16mg		
Carbohydrate (g):	33g	Food Exchanges	
Dietary Fiber (g):	8g	Grain (Starch):	0
Protein (g):	7g	Lean Meat:	0
Sodium (mg):	105mg	Vegetable:	4 1/2
Potassium (mg):	686mg	Fruit:	0
Calcium (mg):	123mg	Non-Fat Milk:	0
Iron (mg):	5mg	Fat:	2
Zinc (mg):	1mg	Other Carbohydrates:	1/2
Vitamin C (mg):	125mg		
Vitamin A (i.u.):	20859IU		
Vitamin A (r.e.):	2116 1/2RE		

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving			
Calories 237	Calories from Fat: 85		
	% Daily Values*		
Total Fat 10g Saturated Fat 4g Cholesterol 16mg Sodium 105mg Total Carbohydrates 33g Dietary Fiber 8g Protein 7g	15% 21% 5% 4% 11% 32%		
Vitamin A Vitamin C Calcium Iron	417% 209% 12% 26%		

^{*} Percent Daily Values are based on a 2000 calorie diet.