



BAKED APRICOT CHICKEN

Servings = 4

30 minutes Prep + Cook Time



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My sister, Sheba, and I teamed up to invent this sweet and savory marinade for a quick weeknight meal, which has become a popular dinner among friends and subscribers. The chicken comes out moist and delicious, and the apricots add an elegant flare. You can prepare the chicken any time during the day, and then bake it just before dinner. Serve it with kasha and steamed green beans with lemon and garlic.

- 1 1/2-2 lbs. boneless, skinless chicken breasts
- 1/2 cup apricot preserves or jam
- 1/2 lemon, juice only, about 2 Tbsp.
- 2 Tbsp. reduced-sodium soy sauce (use wheat/gluten-free if needed)
- 1 tsp. minced garlic, (about 2 cloves)
- 2 Tbsp. Dijon mustard (use wheat/gluten-free if needed)
- 1 Tbsp. extra virgin olive oil
- 6 dried apricots, coarsely chopped

Preheat the oven to 350 degrees. Lay the chicken flat in an oven-safe dish with sides, just large enough to hold it in a single layer. (Start the kasha, if you are serving it.)

In a large measuring cup or medium bowl, combine all the remaining ingredients except the dried apricots. Pour the mixture over the chicken. Top it with the apricots.

Bake the chicken for 20-25 minutes until it is just cooked through (chicken should no longer be pink in the middle of the thickest part), or marinate it in the refrigerator, covered, for up to 24 hours before baking it. (While the chicken is baking, prepare the green beans.) Alternatively, you can freeze it for up to 3 months.

Scramble Flavor Booster: Use 1 - 2 tsp. curry powder instead of or in addition to the mustard.

Tip:

This dish only takes 5 or 10 minutes to prepare. You can get it ready in the morning or any time during the day, and pop it in the oven before dinner. If it has been chilling, it might need a few extra minutes to bake.

SERVE WITH KASHA (BUCKWHEAT) & GREEN BEANS WITH LEMON AND GARLIC

Prepare 1 - 2 cups kasha according to the package directions, using water or broth for the liquid.

To make the green beans, heat 1 Tbsp. olive oil in a large skillet over medium heat. Add 1 tsp. minced garlic (about 2 cloves) and stir it for 30 seconds until the garlic is fragrant. Stir in 1 lb. fresh trimmed or frozen green beans. Cover the pan and steam the beans until they are tender, 5 - 8 minutes. Add 1 tsp. fresh lemon juice (1/8 lemon) for the last minute of cooking, and season with salt and black pepper, if desired.

Nutritional Information per serving (% based upon daily values)

Calories: 270; Total Fat: 4g, 6%; Saturated Fat: 1g, 5%; Cholesterol: 100mg, 33%; Sodium: 470mg, 20%; Total Carbohydrate: 17g, 6%; Dietary Fiber: 0g, 0%; Sugar: 41g; Protein: 15g

Nutritional Information per serving with sidedish (% based upon daily values)

(3/4 cup cooked kasha & 1 c. green beans)

Calories: 485; Total Fat: 8g, 11%; Saturated Fat: 1g, 5%; Cholesterol: 100mg, 33%; Sodium: 480mg, 20%; Total Carbohydrate: 58g, 20%; Dietary Fiber: 5g, 22%; Sugar: 42g; Protein: 22g