

Apricot Curried Chicken

4 4-oz skinless chicken breasts
1 tablespoon Apricot preserves
1 ½ Tablespoon curry powder
1 cup orange juice
1 tablespoon Dijon Mustard
1 Tablespoon canola oil

Place chicken breasts on cutting board between two pieces of plastic wrap. Using mallet or small heavy skillet, pound chicken to ¼ inch thickness. Combine Apricot preserves, curry powder, orange juice and mustard in mixing bowl.

Meanwhile, heat 1 tablespoon canola oil in medium sauté pan. Place chicken breasts in pan and brown each side for 2 minutes. Remove from pan and place on clean plate. Set aside. In same pan add apricot curry mixture. Allow to simmer for 2-3 minutes. Add chicken back to pan and continue to cook until liquid has reduced by half. Enjoy with brown rice and steamed broccoli.

Calories 200 Fat 5g Carbohydrate 11g Dietary Fiber 0g Protein 27g Sodium 140mg