

Apricot & Lemon Chicken

Makes: 4 Servings

Why wait for dessert to enjoy your fruit? Make it a part of your meal.

Ingredients

4 chicken breasts, boneless & skinless (medium)

1 teaspoon cumin

5 tablespoons apricot spread (about 1/3 cup)

1 fresh lemon, juiced

2 tablespoons water

Directions

1. Rub cumin over chicken and place in skillet.
2. Cook on medium-high for 6 minutes on each side, or until cooked through. Remove from pan and keep warm.
3. Add apricot spread, lemon juice, and water to skillet. On medium heat, stir until smooth.
4. Spoon sauce over chicken and serve warm.

Notes

May substitute approximately 3 Tablespoons of lemon juice for 1 fresh lemon, juiced.

Source: ONIE Project - Oklahoma Nutrition Information and Education. Simple Healthy Recipes.

Nutrition Information

Nutrients	Amount
Calories	378
Total Fat	7 g
Saturated Fat	2 g
Cholesterol	169 mg
Sodium	154 mg
Total Carbohydrate	13 g
Dietary Fiber	1 g
Total Sugars	10 g
Added Sugars included	0 g
Protein	62 g
Vitamin D	0 IU
Calcium	44 mg
Iron	3 mg
Potassium	658 mg
N/A - data is not available	
MyPlate Food Groups	
 Fruits	1/2 cup
 Protein Foods	7 ounces