Dinner

Baked Chicken with Fresh Apricot Glaze

Golden seared apricots and a glossy balsamic glaze coat tender chicken breasts in this easy oven dinner.

45 min	190	17 g	6 g
time	calories	carbs	sugars

Gluten free | Nut free

Ingredients, 4 servings

- [ ] 1/4 cup balsamic vinegar
- [ ] 1/4 tsp black pepper (ground)
- [ ] 1 spray nonstick cooking spray
- [ ] 2 tsp olive oil
- [ ] 1/2 cup no-sugar-added apricot preserves (sugar-free)
- [ ] 4 apricots (fresh, pitted and cut into quarters)
- [ ] 1 lbs boneless, skinless chicken breasts (cut into 4 oz portions)

Method

- [ ] **1** Get the oven heating to 350°F before you start on the stove work.
- [ ] **2** Set a large skillet over medium heat and let 2 tsp of olive oil warm in it.
- [ ] **3** Place the fresh apricots into the pan with their cut sides against the bottom and let them take on some light browning, about 3 minutes.
- [ ] **4** Give the apricots a flip, allow 1 minute more in the skillet, then lift them out and keep them nearby.
- [ ] **5** In a small saucepan, stir the no-sugar-added apricot preserves together with the balsamic vinegar and the black pepper, then heat everything until it reaches a low boil.
- [ ] **6** Let the sauce bubble gently for 3 minutes, waiting until it takes on the thickness of a glaze, then slide the apricots in with it.
- [ ] **7** Cover the inside of a baking dish with the nonstick cooking spray and lay the boneless, skinless chicken breasts out in it.
- [ ] **8** Brush 1 tbsp of the apricot glaze onto every breast, then put the dish in the oven to bake for 30 minutes.
- [ ] **9** When the chicken comes out, drizzle whatever glaze remains over the top and serve.

Nutrition Facts

Per serving

Calories	**190**
Total fat	5 g
Saturated fat	1 g
Sodium	60 mg
Total carbs	17 g
Fiber	1 g
Total sugars	6 g
Protein	23 g

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