

Apricot and Lemon Chicken

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

Makes: 4 Servings

Prep Time: 5 minutes

Cook Time: 15 minutes

Source: ChooseMyPlate.gov recipe/ Apricot & Lemon Chicken

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.

Utensils Needed

- Skillet
- Measuring Utensils



Small Changes,
BIG Difference!

Click image to watch the recipe video



Nutrition Information

Serving Size: 1/4 of recipe

Nutrients	Amount
Calories:	241
Total Fat:	4 g
Saturated Fat:	1 g
Cholesterol:	84 mg
Sodium:	83 mg
Total Carbohydrates:	19 g
Dietary Fiber:	0 g
Total Sugars:	13 g
Added Sugars:	12 g
Protein	31 g

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SAVE TIME, SAVE MONEY

Average total cost without oil and seasonings: \$12.36

Average cost/serving: \$3.09

Recipe makes: 4 servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 4 to Cart
Boneless, skinless chicken
breast



Add 1 to Cart
Apricot spread



Add 1 to Cart
Fresh Lemon

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Cooking Tips

- You may substitute approximately 3 Tablespoons of lemon juice for 1 fresh lemon, juiced.

My Cooking Notes