

Apricot-Glazed Chicken with Honey Mustard Carrots • Serves 4

4	4-oz. boneless, skinless chicken breasts
¼ cup	apricot preserves
1	16-oz. bag of mini carrots
1 cup	rice
2 Tbsp.	honey mustard
2 tsp.	fresh ginger, minced and peeled salt and pepper

In a saucepan, bring 3 cups of water to a boil. Add rice and stir. Reduce heat, cover and simmer for 20 minutes, or until rice is cooked and all liquid is absorbed.

Place carrots in a medium saucepan, cover with water and place over high heat. After bringing water to a boil, reduce heat and simmer uncovered for 6 to 7 minutes or until tender.

Coat a large, nonstick skillet with cooking spray and place over medium heat. Sprinkle chicken breasts with salt and pepper to taste. Add chicken breasts to preheated skillet, and cook for 5 to 6 minutes on each side, or until no pink remains.

Combine apricot preserves and ginger, and add to the skillet with chicken. Cook until the preserves are bubbly and hot, turning chicken once to coat.

Reserve 2 Tbsp. of the carrot cooking liquid. Drain carrots, return them to the same saucepan and toss with honey mustard. Add the reserved cooking liquid and mix well. Season with salt and pepper to taste. Serve with chicken as a side.



NUTRITION PER SERVING:

Calories: 450; Calories from Fat: 45; Total Fat: 5g;
Saturated Fat: 1.5g; Cholesterol: 95mg; Protein: 40g;
Total Carbs: 66g; Fiber: 5g; Sugar: 16g; Sodium: 250mg