

APRICOT GLAZED CHICKEN

INGREDIENTS

- 1 jar Apricot Preserves (sugar-free) (12 oz.)
- 2 T Vegenaïse (Garlic)
- 1 T Ketchup
- 1/4 t Mustard (dry)
- 8 Chicken (breasts) (about 2 lbs) (boned) (skinned)
- 2 T Smart Balance margarine **OR** olive oil
- 1/2 C Onions (finely chopped)
- 1/2 C Celery (finely chopped)
- 1/2 C Mushrooms (thinly sliced)
- 1/2 C Broth (chicken)
- 1 1/4 C All-Bran® Original cereal
- 1 can Water chestnuts (drained) (chopped)
- 1/2 t Salt (optional)
- 1/4 t Black pepper
- 1/4 t Sage



DIRECTIONS

- 1 Combine preserves, mayonnaise, ketchup & dry mustard for sauce
- 2 Cover your cutting board with saran wrap & place the chicken breasts on the board
- 3 Cover the chicken breasts with another piece of saran wrap
- 4 Use a hammer to pound chicken breasts to 1/8-inch thickness being careful not to tear the chicken
- 5 Heat a medium saute pan & melt the margarine **OR** heat the oil
- 6 Add onions & celery & cook over medium-heat, stirring frequently until crisp & tender
- 7 Stir in mushrooms & cook (3 minutes)
- 8 Pre-heat oven to 350 F
- 9 Combine broth & the cereal & allowing it to stand until the cereal absorbs the broth (1-2 minutes)
- 10 Add onion mix, water chestnuts, salt (optional), pepper & sage to the broth cereal mix
- 11 When thoroughly combined, fill each breast with 1/4 C of the filling
- 12 Roll chicken folding in the sides & place breasts seam-side down in a shallow 12 X 8 baking dish
- 13 Cover chicken with the sauce & bake uncovered about 45 minutes **OR** until chicken is tender & no longer pink

NOTES

Serve over brown rice **OR** quinoa **OR** any grain
Serves 8

