Healthy Recipe: Apricot Chicken

Apricots have a tart sweetness that makes them a perfect accompaniment to chicken.

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I adore apricots. I wait all summer for them to arrive so that I can bite into them or cook them into the more usual pies and desserts. Dessert aside; apricots have a tart sweetness that makes them a perfect accompaniment to meat too, particularly chicken. This easy Apricot Chicken recipe has a distinct Middle Eastern flavor, and is a wonderful way to get to eat fresh apricots if you're on an antimicrobial or neutropenic diet. The chicken is broiled surrounded by fresh apricots and red onion, then glazed with a spicy apricot sauce. The fresh broiled apricots and onions form a delicious chutney-like sauce with the juices from the glaze that is perfect with plain couscous or a rice pilaf.

Ingredients

1 cup apricot jam or marmalade

2 teaspoons minced garlic

2 tablespoons olive oil

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1 tablespoon soy sauce

2 teaspoons Dijon mustard

½ small jalapeño, deseeded and minced

2 teaspoons grated ginger

4 thin chicken breasts

Salt and pepper, to taste

4 under-ripe apricots, quartered and pitted

½ red onion, sliced

Directions

Preheat the broiler.

In a medium bowl, mix the apricot jam, ginger, olive oil, soy sauce, Dijon mustard, jalapeno, and

ginger.

Place the chicken breasts onto a lightly oiled baking sheet and season generously with salt and pepper. Surround the chicken with the fresh apricots and red onion. Cook in the broiler for 5 minutes, then flip and cook another 5 minutes. Brush the glaze over the chicken and cook for another 4 minutes. Serve with couscous or rice pilaf.

Chef Tips

In a pinch you could make this with canned apricots instead of fresh, just carefully rinse the syrup off them. Canned apricots are a great standby to have in your pantry for dishes like this and for some of our easy desserts.

Nutrition Facts (per serving)

Calories: 464; fat: 19 g; saturated fat: 4 g; polyunsaturated fat: 3 g; monounsaturated fat: 11 g; carbohydrates: 59 g; sugar: 39 g; fiber: 2 g; protein: 20 g; sodium: 555 mg.

Registered Dietitian Approved

All our recipes are created by chefs and reviewed by our oncology-trained staff Registered Dietitian, Kate Ueland, MS, RD, to ensure that each is backed with scientific evidence and meets the standards set by the Academy of Nutrition and Dietetics.

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