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Lemon-Apricot Chicken

Prep Time: 20 Min | Start to Finish: 50 Min | 3 Servings

Chicken

2 tablespoons fat-free egg product or 1 egg white
1 tablespoon water
1/2 cup Bisquick Heart Smart® mix
1 1/2 teaspoons grated lemon peel
1/8 teaspoon garlic powder
3 small chicken breasts (1/2 lb)

Lemon-Apricot Sauce

1/3 cup apricot preserves
1 tablespoon lemon juice
1/4 teaspoon soy sauce
1/8 teaspoon ground ginger

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Lemon-Apricot Chicken

Directions

1. Heat oven to 425°F. Spray 13x9-inch pan with cooking spray. In shallow dish, beat egg product and water slightly. In another shallow dish, stir together Bisquick mix, lemon peel and garlic powder. Flatten chicken breasts between sheets of plastic wrap or waxed paper to 1/2-inch thickness.
2. Dip chicken into egg mixture, then coat with Bisquick mixture. Place in pan. Spray chicken with cooking spray.
3. Bake uncovered 20 minutes. Turn; bake 10 minutes longer or until chicken is no longer pink in center.
4. In small microwavable bowl, stir together all Lemon-Apricot Sauce ingredients. Microwave on High 1 minute; stir. Cut chicken crosswise into 1/2-inch slices. Pour sauce over chicken. Garnish with lemon slices, if desired.

Substitution: *Check your pantry! Peach or orange preserves can be substituted for the apricot preserves for an equally delicious dish.*

1 Serving: Calories 270 (Calories from Fat 40); Total Fat 4.5g (Saturated Fat 0.5g, Trans Fat 0g); Cholesterol 40mg; Sodium 270mg; Potassium 200mg; Total Carbohydrate 39g (Dietary Fiber 0g); Protein 18g % Daily Value: Vitamin A 0%; Vitamin C 4%; Calcium 10%; Iron 10%; Vitamin D 0% Carbohydrate Choices: 2 1/2

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