

Chicken

Apple Glazed Chicken

Palm Beach Post

Servings: 4

4 skinless/boneless chicken breasts

4 apples, cored and sliced into eighths

1/2 cup apple butter

1/2 cup molasses

1 teaspoon ground ginger

1 teaspoon salt

1/2 teaspoon fresh ground black pepper

Preheat the broiler.

In a large bowl, stir together the apple butter, molasses, ginger, salt and pepper; add the chicken and toss to coat. Cover and refrigerate for at least 30 minutes and up to 24 hours.

Line a broiler pan with foil and place the chicken in it.

Broil for 20 to 25 minutes, turning chicken regularly and brushing with marinade, until juices run clear.

Serve with apple slices.

Per Serving (excluding unknown items): 266 Calories; 1g Fat (1.8% calories from fat); trace Protein; 69g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 548mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Fruit; 0 Fat; 3 Other Carbohydrates.