

Chicken

Apricot Glazed Chicken

Winn-Dixie Stores

Servings: 8

1 Jar (12 Oz) apricot preserves
2 tablespoons fat-free margarine
1 tablespoon ketchup
1/4 teaspoon dry mustard
8 4-ounce boneless/ skinless chicken breasts
2 tablespoons margarine
1/2 cup onions, finely chopped
1/2 cup celery, finely chopped
1/2 cup mushrooms, thinly sliced
1/2 cup chicken broth
1 1/4 cups All-Bran® Cereal
1 can (8 oz) water chestnuts, drained and chopped
1/2 teaspoon salt
1/4 teaspoon pepper
1/2 teaspoon sage

Preheat oven to 350 degrees.

Combine preserves, mayonnaise, ketchup and dry mustard ; mix well. Set aside for sauce.

Place each chicken breast between waxed paper sheets. Pound to 1/8-inch thickness, being careful not to tear meat. Set aside.

Melt margarine in a medium skillet. Add onions and celery. Cook over medium heat, stirring frequently, until crisp-tender. Stir in mushrooms and cook 3 minutes longer.

Combine chicken broth and All-Bran cereal. Let stand about 1 minute or until cereal absorbs broth. Add onion mixture, water chestnuts, salt, pepper and sage; mix thoroughly. Fill each breast with 1/4 cup of filling. Roll each breast, folding in the sides. Place breasts, seam-side down, in a 12x8-inch baking dish. Pour sauce over chicken to cover.

Bake, uncovered, about 45 minutes or until chicken is tender and no longer pink.

Serve over hot rice, if desired.

Per Serving (excluding unknown items): 80 Calories; 3g Fat (36.7% calories from fat); 2g Protein; 11g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 286mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fat; 0 Other Carbohydrates.