

## Chicken

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# Apricot-Honey Chicken

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**Servings: 4**

**Start to Finish Time: 15 minutes**

**4 (5-ounce ea) boneless/ skinless chicken breast halves**

**1/3 cup honey mustard**

**3 tablespoons apricot preserves**

**1/4 teaspoon ground ginger**

**dash salt**

**dash pepper**

Flatten the chicken to 1/4-inch thickness.

Combine the mustard, apricot preserves, ginger, salt and pepper in a small bowl.

Place the chicken on a greased foil-lined baking sheet.

Spoon half of the mustard mixture over the chicken.

Broil the chicken 4 to 6 inches from the heat for 4 minutes.

Turn the chicken. Brush with the remaining mustard mixture.

Broil 3 to 4 minutes longer or until the juices run clear.

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Per Serving (excluding unknown items): 56 Calories; 2g Fat (22.7% calories from fat); 2g Protein; 11g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 276mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Fat; 1/2 Other Carbohydrates.