

## Chicken

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# Curried Coconut Chicken

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**Servings: 4**

**Preparation Time: 10 minutes**

**Bake Time: 30 minutes**

*This chicken dish can be served over rice or couscous.*

**3 tablespoons butter, melted**

**1 cup flaked coconut**

**2 teaspoons curry powder**

**4 6-ounce boneless skinless chicken breast halves**

**1/4 teaspoon salt**

**1 cup apricot preserves, warmed**

Preheat oven to 350 degrees.

Place the butter in a shallow bowl.

In another shallow bowl, combine the coconut and the curry powder.

Dip the chicken in the butter then coat with the coconut mixture.

Place in a greased 13x9-inch baking dish.

Sprinkle with salt.

Bake, uncovered, for 30 to 35 minutes or until a meat thermometer reads 170 degrees.

Serve with the preserves as a topping.

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Per Serving (excluding unknown items): 460 Calories; 11g Fat (21.2% calories from fat); 40g Protein; 52g Carbohydrate; 1g Dietary Fiber; 122mg Cholesterol; 364mg Sodium. Exchanges: 0 Grain(Starch); 5 1/2 Lean Meat; 2 Fat; 3 1/2 Other Carbohydrates.