

Lemon-Apricot Chicken

Erma Hebe

The Pennsylvania State Grange Cookbook (1992)

Servings: 6

*1 tablespoon butter, melted
1 egg
2 tablespoons water
1 cup baking mix
1 tablespoon grated lemon
rind
1/4 teaspoon garlic powder
6 chicken breast fillets
3 tablespoons butter,
melted
2/3 cup apricot preserves
2 tablespoons lemon juice
1/2 teaspoon soy sauce
1/4 teaspoon ground ginger
lemon slices (for garnish)*

Preheat the oven to 425 degrees.

Coat an 11x15-inch baking sheet with one tablespoon of melted butter.

In a small bowl, beat the egg and water.

In a shallow dish, combine the baking mix, lemon peel and garlic powder.

Rinse the chicken and pat dry. Flatten the chicken between sheets of waxed paper to a thickness of one-half inch.

Dip the chicken into the egg mixture and then dredge into the baking mix. Arrange on the prepared baking sheet. Drizzle three tablespoons of butter over the chicken.

Bake for 20 minutes. Turn the chicken. Bake for an additional 10 minutes. Remove to a warm serving platter.

In a saucepan, combine the apricot preserves, lemon juice, soy sauce and ginger. Mix well. Simmer until heated through, stirring frequently.

Cut the chicken crosswise into one-half-inch strips. Drizzle with the sauce. Garnish with lemon slices.

Per Serving (excluding unknown items): 248 Calories; 11g Fat (39.3% calories from fat); 3g Protein; 36g Carbohydrate; 1g Dietary Fiber; 56mg Cholesterol; 366mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 2 Fat; 1 1/2 Other Carbohydrates.