

Apricot-Glazed Chicken with Spring Vegetables

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Servings: 4

1 1/2 pounds skinless/ boneless chicken breasts

Kosher salt

freshly ground pepper

1 tablespoon extra-virgin olive oil

2 tablespoons unsalted butter

4 carrots, cut into 1/2-inch pieces

1 bunch (one pound) asparagus, ends trimmed and cut into 2-inch pieces

12 ounces (2-1/2 cups) snow peas, trimmed

3 tablespoons apricot preserves

4 teaspoons Dijon mustard

4 scallions, chopped

1 tablespoon chopped fresh tarragon

1 teaspoon lemon zest, finely grated

Preparation Time: 35 minutes

Cut each chicken breast into four or five large chunks. Season with salt and pepper. Heat a large nonstick skillet over medium-high heat. Add the olive oil. Add the chicken and cook, turning, until browned on all sides and almost cooked through, about 4 to 6 minutes. Remove to a plate.

Add one tablespoon of butter to the skillet. Reduce the heat to medium. Add the carrots and 1/2 cup of water. Cover and simmer until the carrots are crisp-tender, 3 to 4 minutes. Uncover and increase the heat to medium-high. Cook until the water evaporates, 1 minute.

Reduce the heat to medium and melt the remaining one tablespoon of butter in the skillet. Add the asparagus, snow peas and 1/4 teaspoon of salt. Cover and cook until the vegetables are crisp-tender, about 3 minutes.

Return the chicken to the skillet along with the apricot preserves, mustard, scallions, tarragon and lemon zest. Simmer, tossing, until the preserves are melted and the chicken and vegetables are glazed., Season with salt and pepper.

Start to Finish Time: 35 minutes

Per Serving (excluding unknown items): 237 Calories; 10g Fat (35.9% calories from fat); 7g Protein; 33g Carbohydrate; 8g Dietary Fiber; 16mg Cholesterol; 105mg Sodium. Exchanges: 0 Lean Meat; 4 1/2 Vegetable; 0 Fruit; 2 Fat; 1/2 Other Carbohydrates.

Chicken

