

APRIL 2018



DIRECTIONS

Mix flour and salt in plastic bag and place each piece of chicken in bag. Shake bag around until chicken is coated.

Preheat oven to 375

Place chicken in single layer in a shallow baking pan and bake in oven for 25 minutes.

Combine apricot preserves, mustard and yogurt in a bowl. Remove baking pan from the oven and spread yogurt mixture over the chicken.

Bake for an additional 15 minutes, or until done.

Sprinkle almonds over chicken.

Serve over rice.

INGREDIENTS

8 skinless chicken breast halves

1/2 cup all-purpose flour

1 tsp salt

1/2 cup apricot preserves

1 Tbsp Dijon mustard

1/2 cup nonfat yogurt

2 Tbsp toasted, slivered almonds

Serves 8