



Apricot and Lemon Chicken

Ingredients:

- 4-6 chicken breasts, boneless and skinless
- 1 tsp. cumin
- 3/4 cup apricot spread
- 1 lemon, juiced
- 2 Tbsp. water

Instructions:

1. Rub cumin over chicken and place in skillet.
2. Cook on medium high for 6 minutes on each side, or until cooked through.
3. Remove from pan and keep warm.
4. Add apricot spread, lemon juice, and water to skillet over medium heat. Stir until smooth.
5. Spoon sauce over chicken and serve warm.

Serving Suggestions:

- Serve over brown rice.
- Serve with steamed veggies.



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RECIPE CARD

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