

VitaMin



Vital health information in a minute

Photo: Greg DuPree

APRICOT-SAGE CHICKEN WITH CARROTS

Yield: Serves 4 (serving size: 1 chicken thigh, ½ cup carrots and 3 tablespoons sauce)

Total time: 20 minutes

Ingredients

- › 1 tablespoon olive oil
- › 4 (4 oz.) skinless, boneless chicken thighs
- › ¾ teaspoon kosher salt, divided
- › ¾ teaspoon black pepper, divided
- › ½ cup unsalted chicken stock
- › ¼ cup apricot preserves
- › 1 tablespoon Dijon mustard
- › 2 cups thinly diagonally sliced carrots
- › 4 teaspoons finely chopped fresh sage, divided
- › 1 tablespoon thinly sliced garlic
- › 2 tablespoons unsalted butter

How to make it

1. Heat olive oil in a large skillet over medium-high. Sprinkle chicken with ½ teaspoon salt and

½ teaspoon pepper. Add chicken to pan; cook three minutes per side or until browned (chicken will not be cooked through). Remove chicken from pan (do not wipe out pan).

2. Combine stock, apricot preserves and mustard in a bowl, stirring with a whisk. Add carrots, 1 tablespoon sage, and garlic to pan; sauté 4 minutes. Add apricot mixture and chicken to pan; reduce heat to medium, cover and cook 8 minutes or until chicken is done. Remove pan from heat. Place chicken and carrots on a platter. Add remaining ¼ teaspoon salt, remaining ¼ teaspoon pepper and butter to pan, swirling until butter melts. Spoon pan sauce over chicken; sprinkle with remaining 1 teaspoon sage.

Nutrition information

Amount per serving

- › Calories: 313
- › Fat: 14 g
- › Saturated fat: 5 g
- › Unsaturated fat: 8 g
- › Protein: 24 g
- › Carbohydrate: 22 g
- › Fiber: 3 g
- › Sugars: 13 g
- › Added sugars: 5 g
- › Sodium: 642 mg
- › Calcium: 6% DV
- › Potassium: 17% DV

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Together, all the way.®



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