



Sheet Pan Apricot Chicken and Asparagus

Yield: 4 servings

Modified from: www.theseasonedmom.com

Ingredients:

- 4 boneless, skinless chicken breasts
- 2 tablespoons 100% orange juice
- 2 tablespoons apricot preserve
- 2 teaspoons honey
- 1 tablespoon minced garlic
- 1 tablespoon soy sauce
- ¼ teaspoon pepper
- 1 lb. asparagus, washed and ends trimmed

Directions:

1. Preheat oven to 400. Place aluminum foil on baking sheet.
2. Place all chicken in center of baking sheet.
3. In a small bowl combine orange juice, apricot preserve, honey, minced garlic, soy and pepper. Spread half of mixture over chicken and reserve the rest for later.
4. Bake chicken for 20 minutes. Remove from oven and switch oven to BROIL.
5. Place asparagus on tray around chicken and baste chicken and asparagus with remaining sauce.
6. Broil 6 minutes or until chicken is crisp (with internal temperature of 165°F) and asparagus is tender.

Nutrition information:

Serving size: 1 breast + ¼ of asparagus

Calories: 175

Fat: 4.5g

Sodium: 204mg

Carbohydrates: 14g

Sugar: 10g

Fiber: 2g

Protein: 45g