

## Apricot Chicken with Rosemary in Parchment Packets

(Makes 4 servings)

### **Ingredients:**

- 12 dried apricots
- 1/3 cup dry white wine
- 4 boneless, skinless chicken breast halves (about 4 ounces each)
- Refrigerated butter-flavored cooking spray
- 2 garlic cloves, thinly sliced
- 1 tablespoon minced fresh rosemary, or 1 teaspoon dried Kosher salt, optional
- Fresh ground pepper
- Juice and grated zest of 1 lemon
- 4 springs fresh thyme or flat-leaf parsley



### **Directions:**

1. Preheat oven to 350 degrees.
2. Place the apricots and wine in a small dish and set aside to allow the apricots to plump, at least 15 minutes.
3. Remove all visible fat from chicken. Rinse and pat dry.
4. Cut 4 circles of parchment paper (or aluminum foil) 18 inches in diameter. Lightly spray one side of each circle. Place the circles, coated side up, on a large work surface. Lay piece of chicken on half of the circle. Spread the garlic slices evenly over the chicken. Remove the apricots from the wine, reserving the wine. Cut each apricot into thin slices and distribute evenly over the chicken. Sprinkle with the rosemary. Season with salt, if using, and pepper.
5. Combine the reserved wine and lemon juice. Drizzle the mixture evenly over the chicken. Sprinkle with zest. Lay a sprig of thyme on each chicken breast. Fold the parchment over the chicken and crimp sides to seal. Place the packets on a baking sheet and bake for 45 minutes. Transfer the packets to dinner plates, cut open, and serve immediately.

### **Nutrition Information:** *(per serving)*

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|----------------------|----------------------------|
| ▪ Calories: 200      | ▪ Total Carbohydrate: 13 g |
| ▪ Total Fat: 1.5 g   | ▪ Fiber: 1 g               |
| ▪ Saturated Fat: 0 g | ▪ Protein: 27 g            |
| ▪ Cholesterol: 65 mg |                            |
| ▪ Sodium: 80 mg      |                            |

### **Source:**

*Cleveland Clinic Healthy Heart Lifestyle Guide and Cookbook.*