



APRICOT CHICKEN

January 9

National Apricot Day

INGREDIENTS

- 1 Pound Boneless, Skinless Chicken Breasts
- 1 Cup Apricot Preserves
- 1 Cup Catalina or Russian Dressing
- 2 Tablespoons Dijon Mustard
- 2 Ounces Dried Onion Soup Mix

DIRECTIONS

1. Cut chicken breast into pieces that are $\frac{3}{4}$ ounce each.
2. In a medium-sized bowl, combine apricot preserves, Catalina dressing, onion soup mix, and Dijon mustard. Mix well.
3. Preheat oven to 375 degrees. Place chicken in a greased 9x13 baking dish. Pour apricot mixture evenly over chicken and bake 40-45 minutes or until chicken is cooked through.
4. You may also cook this recipe in a slow cooker. To do that, place the chicken in the slow cooker and pour apricot mixture over the top. Cook on high for 2-3 hours or low for 4-6 hours.

MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

MEAL TYPE

 Lunch/Supper

YIELD

21 Pieces

PORTION SIZES

Toddler	Preschool	School Age	Adult
2 Pieces	3 Pieces	4 Pieces	4 Pieces