

MANDALAY CHICKEN

This light and refreshing version of an apricot chicken recipe comes from a Chinese friend of Swayne's. Just bake for an hour for an easy and delicious meal the whole family will love! Serve with plenty of steamed white rice to soak up the fruity sauce.

SERVINGS: 8)

Prep Time: **20 mins.**

Bake Time: **1 hr.**

- 8 Boneless, skinless chicken breasts**
- 3 Tablespoons flour**
- 1 Tablespoon curry powder**
- 1 Teaspoon salt**
- 4 Tablespoons olive oil**

Mix flour, salt and curry in a small bowl. Coat chicken breasts in mixture and sauté in the oil in a medium skillet over medium high heat, just until nicely browned on both sides. Remove to a 9x13 pan. You may like to cut breasts in half at this point.

SAUCE:

- 2 Tablespoons sugar**
- 2 Cups chicken broth**
- ½ White onion, diced, and sautéed in 1 tablespoon olive oil over medium heat until translucent**
- ½ Cup apricots, mashed, or ½ cup low sugar apricot preserves**
- 4 Tablespoons lemon juice**
- 4 Teaspoons soy sauce**
- 1 Tablespoon cornstarch**
- 1 Tablespoon ginger, minced**

Mix together and pour over chicken. Bake at 350 degrees for 1 hour. Serve over white rice.

TWIST: Try this recipe using 'the other white meat'—small pork loins come out tender and juicy.