

Vivian Mabuni, April 2018
APRICOT CHICKEN

*GLUTEN-FREE OPTION

Ingredients

- 8 skinless chicken breast halves
- ½ cup all-purpose flour (you can use gluten-free flour, if needed)
- 1 tsp salt
- ½ cup apricot preserves
- 1 tbsp dijon mustard
- ½ cup plain, nonfat yogurt
- 2 tbsp toasted, sliced almonds

INSTRUCTIONS

1. Preheat oven to 375 degrees F.
2. Mix flour and salt together in a plastic, zip-topped bag and add chicken. Shake bag around until chicken is evenly coated.
3. Place chicken in a single layer in a shallow baking pan. Bake for 25 minutes.
4. Combine apricot preserves, mustard, and yogurt in a small bowl.
5. Remove baking pan from the oven and spread yogurt mixture over chicken.
6. Bake chicken for an additional 15 minutes, or until done.
7. Sprinkle toasted almonds over baked chicken and serve with rice.

DEVOTE YOURSELVES TO PRAYER, KEEPING ALERT IN IT WITH AN ATTITUDE OF THANKSGIVING; PRAYING AT THE SAME TIME FOR US AS WELL, THAT GOD MAY OPEN UP TO US A DOOR FOR THE WORD, SO THAT WE MAY SPEAK FORTH THE MYSTERY OF CHRIST.

COLOSSIANS 4:2-3
