

The Art of Cuisine



Apricot Stuffed Chicken Breasts with Dijon Sauce

Yield Serves: 4

Ingredients

- 4 chicken breasts, boneless, trimmed of fat
- 8-10 dried apricots, cut in small pieces
- 1 bunch of fresh green onions, chopped
- 1 1/2-2 teaspoons thyme leaves
- Toothpicks
- fresh parsley (for garnish)
- 1 cup fat free sour cream,
- 2/3 cup apricot preserves
- 1/4 cup Dijon Mustard (Grey Poupon)

Preparation

Sauce: Mix the sour cream, apricot preserves, and the mustard together. Set aside

Sprinkle 1/4 teaspoon. thyme on surface of each chicken breast. Spread mixture of chopped green onions & apricots over chicken breast. Fold over and secure with 2 toothpicks Cover with foil in 8 x 8 pan or 13 x 9.

Pre-heat the oven to 350 degrees (F). Bake the chicken for 30 to 35 minutes, until chicken is tender. Pour the sauce mixture of sour cream, preserves, and Dijon over each breast.

When ready to serve, warm in microwave until heated through. Garnish with parsley. Serve with rice or red potatoes with parsley.

From: **[The Most Scrumptious Cookbook Ever](#)**

www.TheArtofCuisine.com

Email: artofcuisine1@yahoo.com

(916) 934-9230

Sign up to become a VIP Member with The Art of Cuisine!

When you sign up, you will receive The Art of Cuisine's newsletter, entitling you to free, EXCLUSIVE recipes only for VIP Members. In addition to recipes, VIP Members will have access to FREE cooking videos, FREE e-books, FREE health and cooking tips, and much more.... [Sign up Today!](#)