



Apricot Chicken with Squash & Brussels Sprouts



1/4th of recipe (1 chicken cutlet with about 1 cup veggies): 275 calories, 3.5g total fat (<0.5g sat. fat), 796mg sodium, 33g carbs, 6.5g fiber, 12g sugars, 30.5g protein

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Prep: 25 minutes **Cook:** 35 minutes



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Ingredients

4 cups butternut squash cut into 1-inch cubes (about 1 medium squash)
4 cups Brussels sprouts, halved
Four 4-oz. raw boneless skinless chicken breast cutlets, pounded to 1/2-inch thickness
1/3 cup low-sugar apricot preserves (like the kind by Smucker's)
1 tbsp. reduced-sodium/lite soy sauce

Seasonings

1 tsp. each salt and black pepper
1/8 tsp. garlic powder
1/8 tsp. onion powder

Directions

Preheat oven to 400 degrees. Spray a baking sheet with nonstick spray.

Evenly lay cubed squash and halved Brussels sprouts on the baking sheet. Lightly spray with nonstick spray, and sprinkle with 1/2 tsp. each salt and pepper. Bake for 15 minutes.

Flip veggies. Bake until softened and slightly browned, 15 - 20 minutes.

Meanwhile, bring a grill pan (or large skillet) sprayed with nonstick spray to medium-high heat. Season chicken with remaining 1/2 tsp. each salt and pepper. Grill until cooked through, about 4 minutes per side, working in batches if needed. Plate chicken, and cover to keep warm.

To make the glaze, in a small nonstick pot, combine preserves, soy sauce, garlic powder, and onion powder. Whisk until uniform. Set heat to medium low. Cook and stir until hot, about 2 minutes. (Alternatively, heat in the microwave.)

Drizzle grilled chicken with glaze, and enjoy with roasted veggies.

MAKES 4 SERVINGS

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