



## **Apricot Chicken Breast**

Adapted from Splenda.com

- 6 skinless, boneless chicken breasts
- 1 cup sugar-free apricot preserves
- 1 tablespoon distilled white vinegar
- 1 teaspoon SPLENDA®

Preheat oven to 350 degrees F. Spray a 9x13 inch baking dish with pan spray and arrange chicken breasts in a single layer. Combine the apricot preserves, vinegar and SPLENDA®; pour over the chicken. Cover and bake for 50 minutes. Remove cover and bake for 10 more minutes. Makes 6 servings.

Nutrition information per serving: 180 calories, 25 grams protein, 3 grams fat, 20 grams carbohydrate, 60 mg sodium.