

Chicken Breasts with Apricot-Onion Pan Sauce

Author: Adapted from Melissa Rubel Jacobson, Food & Wine, 11/08

<http://www.foodandwine.com/recipes/chicken-breasts-with-apricot-onion-pan-sauce>



4 pieces boneless skinless chicken breast halves
salt and freshly ground black pepper
1 tablespoon olive oil
1 large white onion, diced
1 clove garlic, minced
1 teaspoon dried thyme
1/2 cup dry white wine, [I used vermouth]
1 1/2 cups chicken broth
6 whole apricots, seeded, sliced
2 tablespoons apricot preserves
1 tablespoon unsalted butter
1 teaspoon fresh thyme, minced, for garnish

Serving Ideas: Be sure to serve this with rice on the side to soak up the good sauce.

Per Serving (excluding unknown items): 282 Calories; 9g Fat (29.4% calories from fat); 30g Protein; 16g Carbohydrate; 2g Dietary Fiber; 76mg Cholesterol; 370mg Sodium. Exchanges: 0 Grain(Starch); 4 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 1 1/2 Fat; 1/2 Other Carbohydrates.

Carolyn T's Tasting Spoons blog:
<http://tastingspoons.com>

Description: A QUICK dinner entree you can complete in about 30 minutes.

*Notes: **

The original recipe called for 3 1/2 ounces of dried apricots, rehydrated in hot tap water. I substituted fresh apricots.

1. Dry the chicken with paper towels and pound to an even thickness of about 1/3 inch. Season with salt and pepper. In a stainless steel skillet [I used a Teflon, but the stainless will give you more flavor], heat the oil. Add the chicken and cook over moderately high heat until golden brown, 3-4 minutes. Flip and cook about 3 minutes longer. Transfer the chicken to a plate and set aside.
3. Add the onion to the pan and saute for about 2 minutes, scraping up any brown bits in the pan. Add garlic and saute for about one minute only, then add the wine and boil until reduced by half. Add the chicken broth and simmer until the mixture has reduced by about a third. Then add the apricots and apricot preserves and bring to a boil. Cook over low heat for one minute, then add the chicken breasts in the pan and cover. Simmer for about 3-4 minutes until chicken is cooked through. Remove chicken to serving plates, then off heat, swirl in the butter to the sauce, until melted. Season the sauce with salt and pepper. Spoon the sauce on top of chicken and serve. Garnish with some minced fresh thyme.