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FOR HEALTHY LIVING  
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# APRICOT SAGE CHICKEN WITH CARROTS

## INGREDIENTS

- 1 tablespoon olive oil
- 4 (4-oz.) skinless, boneless chicken thighs
- 3/4 teaspoon kosher salt, divided
- 3/4 teaspoon black pepper, divided
- 1/2 cup unsalted chicken stock
- 1/4 cup apricot preserves
- 1 tablespoon Dijon mustard
- 2 cups thinly diagonally sliced carrots
- 4 teaspoons finely chopped fresh sage, divided
- 1 tablespoon thinly sliced garlic
- 2 tablespoons unsalted butter



## DIRECTIONS

1. Heat olive oil in a large skillet over medium-high. Sprinkle chicken with 1/2 teaspoon salt and 1/2 teaspoon pepper. Add chicken to pan; cook 3 minutes per side or until browned (chicken will not be cooked through). Remove chicken from pan (do not wipe out pan).
2. Combine stock, apricot preserves, and mustard in a bowl, stirring with a whisk. Add carrots, 1 tablespoon sage, and garlic to pan; sauté 4 minutes. Add apricot mixture and chicken to pan; reduce heat to medium, cover, and cook 8 minutes or until chicken is done. Remove pan from heat. Place chicken and carrots on a platter. Add remaining 1/4 teaspoon salt, remaining 1/4 teaspoon pepper, and butter to pan, swirling until butter melts. Spoon pan sauce over chicken; sprinkle with remaining 1 teaspoon sage.

**Nutrition:** Calories 1,403, Fat 73g, Protein 116g, Carbohydrate 83g, Sodium 3,194 mg.