



Pecan Crusted Chicken with Apricot-Ginger Sauce

Apricot-Ginger Sauce

INGREDIENTS:

2 ½ Tablespoons Shallots, minced
1 Tablespoon Ginger, grated
1 cup Apricot nectar
1 cup Chicken stock
2 Tablespoons Dried apricots, diced
2 Tablespoons Currants
1 ½ Tablespoons Brown Sugar
1 ½ Tablespoon Dark balsamic vinegar

PREPARATION:

- Heat pot then coat pot with cooking spray.
- Sauté ginger and shallots.
- Add remaining ingredients.
- Simmer for 20 minutes

***Chef's Note:** This is a great sauce over Mahi Mahi, pork tenderloin, grilled salmon, and even duck breast. Another variation is to only add; ginger, garlic, shallots, soy sauce, chicken stock and brown sugar. If serving with Mahi Mahi, I would also add some canned or fresh pineapple if you have it.*

Number of servings: 8

Serving Size: ¼ cup

Calories: 23

Fat Grams: .2

Pecan Crusted Chicken Breast

INGREDIENTS:

2 – 4 ounce Chicken breasts, or cutlets
¼ cup Panko bread crumbs
2 Tablespoon Pecan nuts, finely chopped (same size as Panko)
1 Tablespoon Italian parsley, fresh, chopped
¼ teaspoon Onion powder
¼ teaspoon Garlic powder





Pinch Salt
Pinch Ground black pepper
Cooking spray

PREPARATION:

- Preheat oven to 375°F.
- Combine panko crumbs, chopped macadamia nuts, parsley, onion powder, garlic powder salt and pepper.
- Coat each fillet with 2 tablespoons of panko macadamia nut crust
- Spray small baking pan with non-stick cooking spray.
- Lay both fillets in pan.
- Then place the pan in the oven and bake for about 15 minutes.
- Serve with your favorite sauce.

Number of servings: 2

Serving size: 1- 4 ounce fillet

Calories: 160

Fat grams: 6 grams

