



## Lime-Apricot Chicken

**Prep: 20 minutes plus marinating**  
**Grill: 20 minutes • Serves: 4**

- 4 garlic cloves, minced
- 1 cup apricot preserves
- ¼ cup fresh lime juice
- 4 teaspoons less-sodium soy sauce
- 4 boneless, skinless chicken breasts (about 1½ pounds)
- 2 tablespoons packed light brown sugar
- 2 tablespoons pineapple juice
- 1 tablespoon apple cider vinegar
- ¼ teaspoon ground allspice
- 1 cup diced nectarines
- 1 cup diced plums
- ½ cup pitted and chopped sweet cherries
- Chopped fresh cilantro leaves for garnish (optional)

**1.** In small bowl, whisk together garlic, preserves, lime juice and soy sauce. Set aside ½ cup apricot mixture. Place chicken in large zip-top plastic bag; pour remaining apricot mixture over chicken. Seal bag; refrigerate 1 to 2 hours to marinate.

**2.** In medium bowl, mix brown sugar, pineapple juice, vinegar and allspice. Add nectarines, plums and cherries; toss to combine. Cover and refrigerate until ready to serve.

**3.** Prepare outdoor grill for direct grilling over medium heat. Remove chicken from marinade; discard marinade. Place chicken on hot grill rack and cook 18 to 20 minutes or until chicken loses its pink color throughout and internal temperature reaches 165°, brushing chicken occasionally with reserved apricot mixture and turning once halfway through cooking. To serve, spoon fruit mixture over chicken and sprinkle with cilantro, if desired.

*Approximate nutritional values per serving: 474 Calories, 11g Fat (21% of total calories), 3g Saturated Fat (6% of total calories), 73mg Cholesterol, 306mg Sodium, 73g Carbohydrates, 3g Fiber, 26g Protein*

*Dietary Exchanges:  
5 Starch; 4 Protein; 2 Fat*

### **Chef Tip**

*Additional fruits that also work well in this dish are peaches, apricots and mangoes.*