

EASY APRICOT BAKED CHICKEN



You can't go wrong with this recipe! It's so easy to make and simply delicious. The chicken turns out sweet and savory, tender and juicy. It's a great change from your usual chicken routine and finishes with tasty results every time.

YEILD: 8 servings

INGREDIENTS

8 SKINLESS, BONE IN CHICKEN THIGHS

1 ONION, CHOPPED

16 TBSP APRICOT PRESERVES (I use Smucker's Apricot Preserves)

NO-STICK COOKING SPRAY (I use Pam Olive Oil no-stick cooking spray)

DIRECTIONS

- 1)** Preheat oven to 375 degrees, F. Line sheet pan with aluminum foil and coat surface of pan with no-stick cooking spray.
- 2)** Remove skin and extra fat from each chicken thigh, patting each thigh dry with paper towel. Arrange chicken pieces on sheet pan.
- 3)** In small bowl, combine onion with apricot preserves, mix well. Coat the top of each chicken thigh with 2 TBSP of mixture, spreading the mixture evenly over each piece.
- 4)** Bake uncovered 40-45 minutes, or until chicken has an internal temperature of 165 degrees, F.

NUTRITION (approximate per serving)

CALORIES 216, TOTAL FAT 7g, SATURATED FAT 2g, CHOLESTEROL 45mg, SODIUM 56mg, CARBOHYDRATE 27.3g, DIETARY FIBER 0.3g, TOTAL SUGARS 24.6g, PROTEIN 11.2g, VITAMIN D 0.0mcg, CALCIUM 3mg, IRON 1mg, POTASSIUM 20mg