

Chicken Tenderloins in Apricot Glaze©

Chicken—Ingredients:

chicken tenderloins, 2 per female, 3 per male, plus 4–5 extra, fresh or frozen (**do not defrost**)
lemon pepper

Method:

Preheat conventional oven to 400°, convection oven to 375°.

Line a cookie sheet with foil. Arrange frozen tenderloins on the foil and sprinkle tops with lemon pepper. Bake fresh tenderloins 12–14 minutes, frozen tenderloins 18–20 minutes depending on the size of the tenderloins.

Apricot Glaze—Ingredients:

| | |
|----------------|-------------------|
| 1 cup | sour cream |
| 3/4–16 oz. jar | apricot preserves |
| 1/4 cup | dijon mustard |
| 2 tsp. | lemon pepper |
| 1/2 tsp. | salt |

Method:

Spray a medium pot with Pam™ and heat all ingredients.

To Serve:

Arrange cooked tenderloins on a platter in layers and spoon a small amount of glaze on each layer. Serve remaining glaze in a gravy boat. Decorate platter with parsley and bell pepper flowers. Serve with rice.

Hint: Glaze is great with pork chops or meatballs.

