THE J.M. SMUCKER Co

Sweet and Sour Glazed Chicken Breasts

Prep Time	Cook Time	Serves	Difficulty
10 mins	25 mins	4	N/A

Ingredients

- 1 cup (250 mL) **Smucker's®** No Sugar Added Apricot Fruit and White Concentrated Grape Juice Spread
- 2 tbsp (30 mL) soy sauce
- 2 tsp (10 mL) Worcestershire sauce
- 1/4 cup (50 mL) rice vinegar
- 2 tsp (10 mL) grated fresh ginger or 1 tsp (5mL) dried
- 4 boneless, skinless chicken breasts, pounded thin.
- Salt and pepper to taste

Directions

Step 1:

Preheat oven to 400°F (200°C). Line a baking sheet with parchment paper.

Step 2:

Combine first 5 ingredients in small saucepan. Bring to a boil, stirring constantly.

Step 3:

Reduce heat to simmer and continue cooking until slightly thick, about 5 minutes.

Step 4:

Remove from heat. Reserve half of sauce and spread remaining sauce over chicken breasts. Bake in preheated oven 15-20 minutes until an internal temperature of 165°F (74°C).

Images

