

## Grilled Apricot-Basil Chicken

Serving size: 1 Breast

Serves: 4

### **Ingredients:**

1 cup loosely packed fresh basil leaves	2 cloves garlic, quartered
1/3 cup dried apricot halves	4 medium skinless, boneless chicken breast (about 1 pound total)
1/4 cup chopped pecans	1/2 teaspoon salt
2 tablespoons grated Parmesan cheese	1/4 cup apricot preserves, melted
2 tablespoons olive oil	

### **Directions:**

1. For pesto, in a blender container or food processor bowl combine basil, apricots, pecans, Parmesan cheese, oil, and garlic. Process until a paste forms. Set aside for later.
2. Place each chicken piece between 2 pieces of plastic wrap. Working from center to edges, pound lightly with the flat side of a meat mallet to 1/8-inch thickness.
3. Remove plastic wrap.
4. Sprinkle chicken with salt.
5. Spread pesto on each chicken piece.
6. Starting from a short side, roll up into a spiral, folding in ends.
7. Secure with wooden toothpicks.
8. Grill chicken on medium heat until chicken is tender and no longer pink, turning once and brushing occasionally with preserves the last 5 minutes of grilling

### **Exchanges per serving:**

3 Lean Meat, 1 Starch, 1/2 Fruit, 1 1/2 Fat

### **Nutrients per serving:**

Calories: 324

Calories from fat: 44%

Total Fat: 16g

Cholesterol: 62mg

Total Carbohydrate: 23g

Sodium: 382mg

Dietary Fiber: 1g

Protein: 24g