

## Seasonal Eating



# Apricot Chicken with Rosemary

- 1 tablespoon olive oil
- 6 small chicken breasts, pounded to 1/4" thick
- 2 cloves garlic, minced
- 2 tablespoons finely chopped fresh rosemary
- 2 carrots, diced
- 6 tablespoons apricot preserves
- 4 tablespoons Dijon style mustard
- Salt and pepper to taste

In a large frying pan, heat oil. Add chicken breasts and sauté until the chicken is cooked through turning once. Remove chicken and add garlic, rosemary and carrots. Sauté until carrots are tender. Add apricot preserves and mustard. Season with salt and pepper and return chicken to pan turning to coat with glaze a few times. Serve over or with rice.