



## Apricot Chicken with Squash & Brussels Sprouts



1/4th of recipe (1 chicken cutlet with about 1 cup veggies): 275 calories, 3.5g total fat (<0.5g sat fat), 796mg sodium, 33g carbs, 6.5g fiber, 12g sugars, 30.5g protein

**Green Plan [SmartPoints](#)® value 4\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 2\***

**Purple Plan [SmartPoints](#)® value 2\***

**Prep:** 25 minutes    **Cook:** 35 minutes



More: [Lunch & Dinner Recipes](#), [5 Ingredients or Less](#), [Four or More Servings](#)

### Ingredients

4 cups butternut squash cut into 1-inch cubes (about 1 medium squash)  
4 cups Brussels sprouts, halved  
Four 4-oz. raw boneless skinless chicken breast cutlets, pounded to 1/2-inch thickness  
1/3 cup low-sugar apricot preserves (like the kind by Smucker's)  
1 tbsp. reduced-sodium/lite soy sauce

### Seasonings

1 tsp. each salt and black pepper  
1/8 tsp. garlic powder  
1/8 tsp. onion powder

### Directions

Preheat oven to 400 degrees. Spray a baking sheet with nonstick spray.

Evenly lay cubed squash and halved Brussels sprouts on the baking sheet. Lightly spray with nonstick spray, and sprinkle with 1/2 tsp. each salt and pepper. Bake for 15 minutes.

Flip veggies. Bake until softened and slightly browned, 15 - 20 minutes.

Meanwhile, bring a grill pan (or large skillet) sprayed with nonstick spray to medium-high heat. Season chicken with remaining 1/2 tsp. each salt and pepper. Grill until cooked through, about 4 minutes per side, working in batches if needed. Plate chicken, and cover to keep warm.

To make the glaze, in a small nonstick pot, combine preserves, soy sauce, garlic powder, and onion powder. Whisk until uniform. Set heat to medium low. Cook and stir until hot, about 2 minutes. (Alternatively, heat in the microwave.)

Drizzle grilled chicken with glaze, and enjoy with roasted veggies.

**MAKES 4 SERVINGS**

**SmartPoints**® value\* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints**® values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

\*The **SmartPoints**® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints**® trademark.