



## Glazed Chicken

Serves 6

6 bone-in skinless chicken breasts  
2 lbs. baby red potatoes

3 whole carrots, diced  
1/2 cup maple syrup  
1/2 cup passion fruit pulp  
2 Tbsp. apricot jam

Preheat oven to 400 degrees. Place carrots and unpeeled potatoes in a large roasting pan sprayed with cooking spray. In a small bowl combine maple syrup, passion fruit and apricot jam; baste chicken with mixture. Place chicken breasts on top of potatoes and carrots. Roast 45 minutes or until internal temperature of chicken reaches 165 degrees. Baste chicken with juices from the pan every 15 minutes.

Per serving: 340 calories, 3.5 g fat, 28 g protein, 51 g carbohydrate, 4 g fiber, 190 mg sodium