

apricot-ginger glaze

In microwave-safe small bowl, stir 2 tablespoons apricot jam, 2 tablespoons prepared horseradish, and $\frac{1}{2}$ teaspoon ground ginger. Cook, uncovered, in microwave oven on High 30 seconds, stirring once.

>> Each serving chicken with glaze: About 365 calories, 38 g protein, 8 g carbohydrate, 19 g total fat (5 g saturated), 0 g fiber, 152 mg cholesterol, 125 mg sodium.