

## Apricot Chicken

2 tablespoons margarine  
2 tablespoons olive oil  
4 skinned chicken breast halves  
½ cup white flour  
1 teaspoon salt  
½ cup apricot preserves  
1 tablespoon Dijon mustard  
½ cup nonfat yogurt (sour cream may be used instead)

Preheat oven to 375 degrees. Melt margarine with oil in a shallow baking pan. Meanwhile, shake chicken in a plastic bag filled with flour and salt until chicken is coated. Place chicken in a single layer in the baking pan and bake for 25 minutes. Combine apricot preserves, mustard, and yogurt/sour cream. Spread apricot mixture on chicken and bake for 30 minutes more or until done.