

Apricot Turkey Stir-Fry

1 tablespoon cornstarch	1 teaspoon canola oil
½ cup apricot nectar	1 teaspoon toasted sesame oil
2 tablespoons soy sauce	½ medium onion, cut in half and thinly sliced
2 tablespoons rice vinegar	1 medium sweet red pepper, cut into 1-inch pieces
¼ teaspoon crushed red pepper flakes, <i>optional</i>	2½ cups fresh snow peas
1 cup apricots, seeded and thinly sliced	3 green onions, thinly sliced on the diagonal
1 pound turkey tenderloin, cut into thin slices	Hot cooked rice or couscous

In a small bowl, combine cornstarch, apricot nectar, soy sauce, vinegar and red pepper flakes. Add apricots; set aside. In a large non-stick skillet, stir-fry turkey in the canola and sesame oils until no longer pink. Add the onion and sweet pepper. Stir-fry until tender crisp, 2 to 3 minutes. Remove turkey and vegetables from skillet with a slotted spoon. Keep warm.

Stir cornstarch apricot mixture into the pan. Bring to a boil; cook until thickens about 1 to 2 minutes. Return meat and vegetables to skillet; add snow peas. Heat through. Serve over couscous and sprinkle with sliced green onions. *Serves 4*

Sautéed Chicken with Fresh Apricots and Basil

2 tablespoons olive oil, divided	4 medium ripe apricots (about 12 ounces), pitted and cut in to bite size pieces
¼ cup sweet onion, finely chopped	4 small boneless chicken breasts (about 1¼ pounds)
¼ cup brown sugar	½ teaspoon freshly ground pepper
1 tablespoon white balsamic vinegar	½ cup heavy whipping cream
2 tablespoons white semi-dry wine	½ cup fresh basil, finely slivered
1½ teaspoons coarse ground country Dijon mustard	
½ teaspoon salt, divided	

Preheat oven to 350°F.

Heat a medium skillet over medium-high heat. Add 1 tablespoon olive oil, swirl to coat. Add onions and cook 3 minutes or until onions have softened. Add brown sugar, vinegar, wine, mustard and ¼ teaspoon salt. Simmer for 3 minutes or until sauce has thickened slightly. Add apricots and continue to simmer until apricots have softened. Set aside.

Heat a large skillet over medium-high heat. Rub the chicken breasts with the remaining 1 tablespoon of olive oil; sprinkle with remaining ¼ teaspoon salt and pepper. Add chicken to the pan; cook 3 minutes on each side until lightly browned.

Remove skillet from the heat and spoon 2 tablespoons of the apricot mixture over the chicken breasts. Bake for 15 to 20 minutes until a thermometer inserted into the chicken registers 155°F.

Remove chicken from the oven and cover lightly with foil. Let set while finishing the sauce.

To the apricots, add the whipping cream. Bring sauce to a simmer; continue cooking until sauce is reduced by one-fourth about 3 to 4 minutes. Add the basil and serve immediately.

To serve: slice the chicken and place on individual plate. Top with apricot cream sauce. Chicken maybe served over fresh spinach or spinach lemon couscous.