



FINCH + FENNEL

# Lemon + Fig Marmalade Chicken

PREP TIME: 5-10 Minutes

COOK TIME: 35 Minutes

SERVES: 4 people

## INGREDIENTS:

1 ¼ c F+F Lemon + Fig Marmalade

¼ c Water

½ lb Dried Figs

10 Lemon Slices

Non-stick Cooking Spray

4 Boneless, Skinless Chicken Breasts

F+F Lemon Pepper Seasoning, to taste

1 tsp Dried Parsley Flakes

1 Tbsp Fresh Parsley, chopped



## DIRECTIONS:

1. Preheat oven to 350°F.
2. In a small bowl, combine F+F Lemon + Fig Marmalade & water. Set aside.
3. Place figs & 6 lemon slices in the bottom of a baking dish that has been sprayed with non-stick cooking spray.
4. Arrange chicken breasts on top, then pour F+F Lemon + Fig Marmalade & water mixture on top.
5. Sprinkle with F+F Lemon Pepper Seasoning & dried parsley, to taste.
6. Bake for 35 minutes, basting frequently. Turn figs if they begin to brown.
7. With a slotted spoon, remove chicken, figs & lemon slices from the baking dish and place on a warm platter.
8. Skim fat from cooking juices, then pour over chicken as sauce.
9. Garnish with fresh parsley & the remaining 4 lemon slices. Serve!

*Enjoy!*

