

Chicken

Chicken Breasts with Tarragon Mustard

Servings: 4

Exchanges: One serving = 1/3 fruit, 4 lean meat, omits 1 1/2 fat

1 pound skinless boneless chicken breast, cut into four pieces

1 teaspoon dried tarragon

1 teaspoon fresh lemon juice

pepper to taste

1/4 cup good-quality dijon mustard

1 lemon, sliced

1 tablespoon parsley, chopped

Place chicken breasts between two sheets of waxed paper and pound with mallet to flatten them.

Mix together the tarragon, lemon juice, pepper, and mustard into a mayonnaise type consistency and coat the chicken pieces.

Preheat broiler and place chicken about 4 inches from heat source.

Broil until mustard begins to bubble, about 5-6 minutes; turn chicken over and grill other side. Remove before mustard begins to burn.

Top each piece with lemon sprinkled with parsley.

Per Serving (excluding unknown items): 130 Calories; 1g Fat (10.5% calories from fat); 27g Protein; 2g Carbohydrate; trace Dietary Fiber; 66mg Cholesterol; 75mg Sodium. Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 0 Vegetable; 0 Fruit.