

Chicken

Chicken Breasts with Tarragon

Women's Day Magazine - Sep 17, 1996

www.womensDay.com

Servings: 4

Preparation Time: 7 minutes

Start to Finish Time: 20 minutes

Ginger-Orange carrots and baked potatoes go nicely with this dish.

4 5-ounce skinned and boned chicken breast halves

1/4 teaspoon salt

1/8 teaspoon freshly ground pepper, or to taste

2 tablespoons butter or margarine

1 teaspoon finely snipped chives or the green part of a scallion

2 tablespoons parsley, finely chopped

1/3 cup dry white wine

2 tablespoons tarragon leaves (finely chopped) or 2 teaspoons dried tarragon (crumbled)

Place the chicken breasts between two sheets of waxed paper and gently pound with a meat mallet or the bottom of a heavy skillet until about 1/2-inch thick. Season with salt and pepper.

Heat the butter in a large heavy nonstick skillet over medium heat until bubbly.

Add the chicken and cook, turning occasionally, about 10 minutes or until almost opaque in the center and golden on both sides. Remove to serving plates. Sprinkle with chives and parsley.

Add the wine (and the tarragon, if using dried) to the skillet and cook over high heat, stirring in any brown bits on the bottom, until reduced to about three tablespoons.

Stir in the fresh tarragon.

Spoon the sauce over the chicken.

Per Serving (excluding unknown items): 221 Calories; 8g Fat (33.8% calories from fat); 33g Protein; trace Carbohydrate; trace Dietary Fiber; 98mg Cholesterol; 286mg Sodium. Exchanges: 4 1/2 Lean Meat; 0 Vegetable; 1 Fat.