

Chicken

Chicken in Lime Sauce

Argo Corn Starch

Servings: 4

Preparation Time: 10 minutes

Cook time: 20 minutes

4 boneless/skinless chicken breasts

Salt (optional)

2 Tablespoons butter or margarine

1 Tablespoon corn starch

1 cup chicken broth

2 tablespoons lime juice

2 tablespoons brown sugar

1 tablespoon Dijon mustard

1 clove garlic minced

cooked rice (optional)

parsley (optional)

Sprinkle chicken lightly with salt, if desired.

Melt butter in large skillet over medium heat. Add chicken and brown 2 to 4 minutes on each side; remove from skillet and cover to keep warm.

Combine corn starch, chicken broth, lime juice, brown sugar, Dijon mustard and garlic in a small bowl. Pour into skillet. Bring to boil, stirring constantly, and boil 1 minute. Return chicken to skillet.

Simmer 5 minutes or until cooked through. Serve with rice and garnish with parsley, if desired.

Per Serving (excluding unknown items): 82 Calories; 6g Fat (66.6% calories from fat); 1g Protein; 6g Carbohydrate; trace Dietary Fiber; 16mg Cholesterol; 298mg Sodium. Exchanges: 0 Lean Meat; 0 Fruit; 1 Fat; 1/2 Other Carbohydrates.