

## Chicken

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# Chicken with Creamy Dijon Herb Sauce

FrenchFoods.com

**Servings: 4**

**Preparation Time: 5 minutes**

*This recipe can also be baked.*

**1/2 cup chicken broth**

**6 tablespoons French's Dijon mustard**

**1/3 cup cream cheese spread, softened**

**1 tablespoon vegetable oil**

**4 6-ounce boneless/ skinless chicken breasts**

**1 teaspoon garlic minced**

In a bowl, mix broth, mustard, cream cheese and herbs until well blended; set aside.

Cook chicken in hot oil in nonstick skillet until browned on both sides, about 15 minutes.

Stir in mustard sauce and garlic. Simmer over medium heat for 3 to 5 minutes until sauce thickens slightly and flavors are blended.

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Per Serving (excluding unknown items): 35 Calories; 4g Fat (91.8% calories from fat); 1g Protein; trace Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 95mg Sodium. Exchanges: 0 Lean Meat; 1/2 Fat.