

Chicken

Chicken with Creamy Mustard Sauce

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Servings: 4

Preparation Time: 5 minutes

Start to Finish Time: 17 minutes

2 tablespoons flour

1/2 teaspoon Kosher salt

1/4 teaspoon freshly ground pepper

4 5-ounce boneless/ skinless chicken breasts

2 teaspoons olive oil

1/4 cup dry white wine or chicken broth

1/4 cup shallots, chopped

1/2 cup heavy cream

1/4 cup water

1 1/2 tablespoons Dijon mustard

1 teaspoon dried tarragon

Mix the flour, salt and pepper on a sheet of wax paper. Press the chicken into the mixture to coat.

Heat the oil in a large nonstick skillet. Add the chicken and cook for 7 to 9 minutes, turning once, until browned and cooked through. Remove to a platter.

Add the wine and shallots to the skillet. Cook for 1 minute or until the shallots are almost tender.

Add the cream, water, mustard and tarragon. Cook, stirring occasionally, about 2 minutes or until the sauce thickens slightly and the shallots are tender.

Pour any accumulated chicken juices from the plate with the chicken into the sauce. Season with additional pepper to taste, if desired.

Spoon over the chicken and serve.

Per Serving (excluding unknown items): 150 Calories; 14g Fat (79.7% calories from fat); 2g Protein; 6g Carbohydrate; trace Dietary Fiber; 41mg Cholesterol; 319mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 2 1/2 Fat; 0 Other Carbohydrates.