

Chicken

Skillet Chicken Divan

Pillsbury Best One Dish Meals - February - 2011

Servings: 4

Preparation Time: 30 minutes

Start to Finish Time: 35 minutes

1 tablespoon butter or margarine

4 (about 1 pound) boneless/ skinless chicken breasts

Water listed on brown rice package required to cook one cup

2 tablespoons Dijon mustard

1/4 teaspoon salt

1/8 teaspoon pepper

1 cup quick-cooking brown rice, uncooked

3 cups frozen broccoli florets, thawed

1/2 cup (2 oz) Cheddar cheese, shredded

In a 10-inch nonstick skillet, melt the butter over medium-high heat. Cook the chicken in the butter for 1 to 2 minutes on each side or until browned.

Remove the chicken from the skillet.

Add the water, mustard, salt and pepper to the skillet stirring with a whisk until blended.

Heat to boiling. Stir in the rice. Return to a boil.

Place the chicken pieces and the broccoli over rice. Reduce heat to low.

Cover and simmer for about 10 minutes or until most of the liquid is absorbed and the juice of the chicken is clear when the center of the thickest chicken piece is cut.

Sprinkle with cheese.

Cover and let stand for 5 minutes.

Per Serving (excluding unknown items): 88 Calories; 8g Fat (79.4% calories from fat); 4g Protein; 1g Carbohydrate; trace Dietary Fiber; 23mg Cholesterol; 344mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1 Fat; 0 Other Carbohydrates.