
Creamy Mustard Chicken

Patricia Gete

St Therese de Lisieux Commemorative Cookbook - Wellington, FL - 2010

2 chicken breasts

Kosher salt

fresh ground black pepper

extra virgin olive oil

1 cup heavy cream

2 tablespoons Dijon mustard

mashed potatoes

Season the chicken with salt and pepper. Drizzle the olive oil in a non-stick skillet. Saute' the chicken until cooked through. Remove the chicken from the skillet and drain off excess oil.

Add the cream and mustard to the skillet and mix well. Return the chicken to the skillet. Turn the chicken in the sauce a couple of times. Leave in for a couple of minutes until the sauce is bubbly and thickened.

Serve with mashed potatoes.

Chicken

Per Serving (excluding unknown items): 1841 Calories; 143g Fat (70.3% calories from fat); 127g Protein; 9g Carbohydrate; 1g Dietary Fiber; 697mg Cholesterol; 830mg Sodium. Exchanges: 17 1/2 Lean Meat; 1/2 Non-Fat Milk; 17 1/2 Fat; 0 Other Carbohydrates.