
Tarragon-Mustard Chicken

Frank Menendez

Nettles Island Cooking in Paradise - 2014

Servings: 4

1 1/2 pounds chicken breasts
1/4 cup extra-virgin olive oil
1/3 cup minced shallots (or green onions or onions)
1/4 cup chopped parsley
1/2 to 3/4 cup portobello mushrooms, cut up
2 cups Roma tomatoes, cut up
1/8 cup tarragon (or 1-1/2 tablespoons dry)
1 bay leaf
salt
pepper
1/4 to 1/3 cup white wine
1/4 to 1/3 cup Dijon mustard

In a skillet, brown the chicken in olive oil. Remove the chicken and saute' the shallots, parsley, mushrooms, tomatoes, tarragon, bay leaf, salt and pepper for 5 minutes.

Add the wine and chicken. Simmer, uncovered, for 15 to 20 minutes. Add the mustard. Cook for 3 to 5 minutes more.

Serve with wild rice, brown rice or whole wheat pasta.

Chicken

Per Serving (excluding unknown items): 381 Calories; 27g Fat (63.0% calories from fat); 30g Protein; 5g Carbohydrate; 1g Dietary Fiber; 87mg Cholesterol; 109mg Sodium. Exchanges: 4 Lean Meat; 1 Vegetable; 2 1/2 Fat; 0 Other Carbohydrates.