

Chicken

Chicken Cutlets with Creamy Dijon Sauce

Cooking Light

Servings: 4

If you like Dijon mustard.

4 6-ounce boneless/skinless chicken breasts

plastic wrap

1/2 teaspoon salt

1/4 teaspoon black pepper

1 tablespoon olive oil

3 tablespoons shallots, chopped

1/2 cup fat-free, low-sodium chicken broth

1 sprig rosemary

3 tablespoons whipping cream

2 teaspoons Dijon mustard

Place chicken breast halves between two sheets of plastic wrap; pound to 1/2-inch thickness. Sprinkle chicken with 1/2 teaspoon salt and 1/4 teaspoon pepper.

Heat a large skillet over medium-high heat. Add one tablespoon olive oil to pan. Add chicken; saute' 3 minutes on each side or until done. Transfer to a serving platter.

Add three tablespoons of chopped shallots to pan; saute' for 2 minutes. Stir in 1/2 cup of chicken broth and 1 rosemary sprig; bring to a boil. Cook 2 minutes.

Stir in three tablespoons of whipping cream; cook 2 minutes. Remove from heat and discard rosemary. Stir in Dijon mustard. Spoon over chicken.

Per Serving (excluding unknown items): 79 Calories; 8g Fat (85.6% calories from fat); 1g Protein; 2g Carbohydrate; trace Dietary Fiber; 15mg Cholesterol; 303mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 1 1/2 Fat; 0 Other Carbohydrates.