

Chicken and Potatoes in Dijon Sauce

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Recipe adapted from Creme de la Crumb

Serves 4

Blue – 7 points

Purple – 4 points

Green – 9 points

- 4 5 oz boneless, skinless chicken breasts
- 2 tsp Herbs de Provence (can also use Italian seasoning put that will alter the flavor)
- 2 Tbsp light butter
- 1 Tbsp olive oil
- 1 1/2 pounds baby potatoes (cut in half or quarters so they are no larger than 1 inch pieces)

Dijon Cream Sauce

- 1 Tbsp light butter
- 1 tsp minced garlic
- 1 cup chicken broth (I use low sodium)
- 2 Tbsp dijon mustard
- 1 cup fat free half and half
- 1/2 tsp salt, or to taste
- 1/4 tsp black pepper, or to taste

Prepare the chicken

1. Preheat oven to 375
2. Combine the chicken and potatoes in a large bowl. Drizzle with 1/2 tablespoon of olive oil, toss to coat, then season with salt and pepper and Herbs de Provence
3. In a large skillet, 2 Tbsp of light butter over medium heat. Drizzle in remaining 1/2 Tbsp of olive oil and give it a good stir
4. Add the chicken to one half of the skillet and the potatoes to the other half. Cook undisturbed for 3-4 minutes, flip chicken and cook another 3-4 minutes until browned on both sides. Transfer the chicken and potatoes to a plate and cover to keep warm.

Prepare the sauce

1. In the same skillet, melt butter over medium heat. Stir in garlic for 1 minute until fragrant.
2. Stir in the chicken broth and dijon mustard, then whisk in half and half, salt and pepper

Put it together

1. Return chicken and potatoes to the pan, giving them a good stir in the sauce to keep them from drying out in the oven
2. Transfer to preheated oven and bake for 15-20 minutes until chicken is cooked through and potatoes are fork tender.
3. Spoon dijon sauce from the pan over the chicken and potatoes, garnish with freshly cracked black pepper and fresh herbs if desired.

4. You can reduce the amount of points by reducing the amount of potatoes – the original recipe called for 1/2 pound of potatoes to feed 4 people. If I tried to divide 1/2 pound of potatoes among my family, they would revolt! So adjust as you see fit for your family!