

Chicken with Mustard Cream Sauce

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Serves 4

2 Points per serving

200 Calories per serving

- 4 boneless skinless chicken breast halves
- 1 tablespoon olive oil
- Salt and pepper (to taste)
- 1/4 cup chicken broth
- 1/2 cup half and half
- 2 tablespoons Dijon mustard
- 1 teaspoon dried tarragon or oregano

1. Add olive oil to a large skillet and preheat over medium-high heat.
2. Season chicken breasts with salt and pepper.
3. Add chicken to skillet and saute until cooked through, about 10-12 minutes, turning once. Transfer to a plate and keep warm.
4. Pour chicken broth into hot skillet.
5. Whisk in the half and half, mustard and tarragon or oregano. Cook and stir for about 2 minutes.

6. Pour sauce over chicken and serve.

Main Course

Chicken