

Creamy Honey Mustard Chicken

Creamy Honey Mustard Chicken



Serves 4

Blue – 4 points

Purple – 4 points

Green – 6 points

- 1 pound (4 breasts) boneless, skinless chicken breasts, pounded down a bit
- 2 Tbsp honey
- 2 Tbsp dijon mustard
- 3 Tbsp fat free sour cream
- 3 Tbsp fat free half and half
- 3 thyme springs – leaves finely chopped OR 1 1/2 tsp dried thyme
- 3/4 cup chicken broth
- 1 Tbsp cornstarch
- 2 Tbsp light butter
- 3/4 tsp salt, divided
- 1/4 tsp pepper
- 2 Tbsp parsley

1. Combine honey, dijon, 1/2 tsp salt and 1/4 tsp pepper in a large zipper bag. Place chicken in bag, seal and toss to coat chicken. Let marinade at least 15 minutes.
2. Melt butter in a skillet over medium heat. Add chicken

and cook for 7-8 minutes on each side until nice and brown. Reserve marinade. Transfer chicken to a plate.

3. In a small bowl, dissolve the cornstarch in 3 Tbsp of chicken broth
4. To the pan, add in remaining chicken broth, thyme, sour cream, half and half, cornstarch mixture, remaining marinade** (see note below) and 1/4 tsp of salt. Stir well, scraping bottom to release the brown bits on the bottom of the pan.
5. Add chicken back to pan and cook until chicken has reached 165 degrees internal temperature and the sauce has thickened.
6. Sprinkle with parsley and serve.

NOTE: Cooking the marinade in the skillet will kill off any bacteria from the raw chicken.