



## **CHICKEN DIJON**

Basic Lifestyle

### **Ingredients:**

1 TBS olive oil  
½ onion, finely chopped  
1 clove garlic, crushed  
4 chicken breasts, boneless, cut into 1-inch strips  
pinch salt (to taste)  
freshly ground black pepper  
½ cup low-sodium chicken broth  
2 TSP Dijon mustard

### **Instructions**

1. Heat the olive oil in a non-stick skillet over medium heat. Add the onion and cook until the onion becomes tender, about 4 minutes. Add the garlic and cook 1 minute more.
2. Turn the heat up to medium-high. Season the chicken with salt and pepper and add it to the skillet. Sauté the chicken until it is golden brown on all sides, about 4 minutes.
3. Quickly add the chicken broth and stir with a wooden spoon to release any caramelized bits that are stuck to the pan. Cook until the chicken broth has reduced by half. Stir in the mustard.

### **Portion-Per-Serving Information** (Yields 1 serving)

Serving = 1 chicken breast = 1 P