

# Triple Mustard Chicken

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Chicken is versatile for serving family or guests. This dish is made elegant and tasty with the addition of the creamy triple mustard sauce. Serve it with some green vegetables and rice for an easy meal that everyone will love.

4	chicken breasts, boneless, skinless	1	Tablespoon	whole-grain mustard
1	pinch			salt & pepper to taste
1	pinch			Paprika, to taste
1	Tablespoon			butter
1	Tablespoon			olive oil
		1	Tablespoon	Dijon mustard
		1	teaspoon	dry mustard
		½	cup	dry white wine
		1	cup	light cream (1/2 & 1/2)

- 1 Preheat oven to 300°. Sprinkle chicken breasts with salt, pepper and paprika. Mix three mustards together in a small bowl.
- 2 In large skillet, heat butter and olive oil over medium high heat. Place chicken breasts into skillet, skin side down. Brown meat until golden - about 3-4 minutes each side. Remove to a baking sheet and place in a 300° oven for 5-10 minutes or until it springs back with finger. Add white wine to the skillet and stir to scrape up browned bits in the pan.
- 3 Stir mustards into the white wine mixture on low heat. Stir in cream. Continue to cook until cream mixture coats back of the spoon.
- 4 Pour mustard sauce over chicken and serve.

Servings: 4

Preparation Time: 2 minutes

Cooking Time: 13 minutes

Total Time: 15 minutes

Oven Temperature: 300°F

## Nutrition Facts

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Nutrition (per serving): 465 calories, 188 calories from fat, 21.4g total fat, 184.1mg cholesterol, 350.1mg sodium, 713.3mg potassium, 3.6g carbohydrates, <1g fiber, <1g sugar, 56.8g protein.

## Source

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