

Chicken with Dijon-Tarragon Sauce

4 Servings

Ingredients:

4 boneless, skinless chicken breast fillets 

Kosher salt & fresh ground pepper

2 Tbsp. olive oil

¼ cup dry white wine or chicken broth

½ cup heavy cream

2 Tbsp. Dijon mustard*

1 Tbsp. fresh tarragon leaves, chopped

Directions:

1. Place each chicken breast on a cutting surface and place a piece of plastic wrap on the top. Use a flat surface of a meat tenderizer or small fry pan to pound the filet just to even it out. Do not pound until thin; only flatten slightly so pieces will cook evenly. Remove plastic and sprinkle each breast with salt and pepper.
2. In a large skillet, heat the olive oil over medium-high heat. Add the chicken; sauté until cooked through; about 5-6 minutes per side. Turn only once, waiting until the filet easily loosens from the pan with a spatula. If it sticks, the filet is not ready to turn. Transfer to a plate; keep warm by covering loosely with foil.
3. Deglaze by pouring the wine or broth into the hot skillet and scraping any brown bits from the bottom; cook and stir until reduced by half, about 1 minute. Whisk the cream, mustard and tarragon. Cook, whisking, until thickened, about 2 more minutes. Pour any accumulated chicken juices on the plate back into the sauce. Drizzle sauce over the chicken and serve.

***Cook's Notes*:** You can find fresh tarragon and Dijon mustard at Trader Joe's for a good price.



TREASURE BOX ITEMS= 

**Recipe submitted by:
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