

CHICKEN CUTLETS with CREAMY DIJON SAUCE

(Cooking Light, January 2011)

The Cooks Next Door

- 4 (6-ounce) skinless, boneless chicken breast halves
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 tablespoon olive oil
- 3 tablespoons chopped shallots
- 1/2 cup fat-free, lower-sodium chicken broth
- 1 rosemary sprig
- 3 tablespoons whipping cream
- 2 teaspoons Dijon mustard

Place chicken breast halves between 2 sheets of plastic wrap; pound to 1/2-inch thickness. Sprinkle chicken with salt and black pepper. Heat a large skillet over medium-high heat. Add olive oil to pan. Add chicken; sauté 3 minutes on each side or until done. Transfer to a serving platter. Add shallots to pan; sauté for 2 minutes. Stir in chicken broth and rosemary sprig; bring to a boil. Cook 2 minutes. Stir in whipping cream; cook 2 minutes. Remove from heat, and discard rosemary. Stir in Dijon mustard. Spoon over chicken.