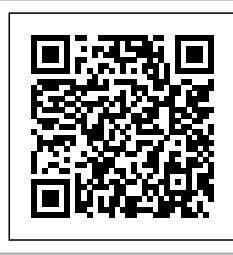


Honey Mustard Sauteed Chicken



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Recipe by: Laura Vitale

Serves 4

Prep Time: 5 minutes

Cook Time: 15 minutes

Ingredients

- 4 6oz pieces of Chicken Breast
- 1-1/2 Tbsp of Olive Oil
- 1 Tbsp of Butter
- 1 Small Yellow Onion, sliced
- 3 Cloves of Garlic, minced
- 1/2 cup of Chicken Stock
- 1-1/2 Tbsp of Honey
- 1 Tbsp of Brown Sugar
- 1 Tbsp of Ground Mustard
- 2 tsp of Dijon Mustard
- 2 Tbsp of Fresh Chopped Parsley
- Salt and Pepper, to taste

1) Preheat the oil in a nonstick skillet over medium heat.

2) Season chicken on both sides with salt and pepper and sear in the hot skillet for a few minutes on each side or until golden brown (doesn't have to be fully cooked).

3) Remove the chicken on to a plate and add the butter, onions and a touch of salt and pepper in the same skillet and saute them for about 4 or 5 minutes or until golden brown.

4) In a small bowl, whisk together the stock, both kinds of mustard brown sugar, honey and garlic.

5) Pour the sauce in the skillet with the onions and bring to a boil. Add the seared chicken breast in the sauce, and allow everything to cook together for about 4 minutes or until fully cooked through and the sauce has thickened.

6) Sprinkle over the fresh parsley and dig in!

