



**RELAX! ... IT'S JUST DINNER.**

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## **Chicken Breast with Sour Cream Dijon Sauce**

**Serves: 4**

**Cook Time: 30 Minutes**

**Shopping list:**

2- 6 oz boneless skinless chicken breasts

1 T olive oil

½ Cup white wine

1/2 cup light sour cream

1/2 cup spicy or Dijon mustard

## **Recipe:**

1. Sauté chicken breasts in a skillet with olive oil until golden brown.
2. Add white wine and cover (make sure the heat is reduced and you cover immediately or the wine can explosively react with the oil. Remove some of the oil if you end up with too much of it in the pan **BEFORE** you add the wine.
3. Cook on medium heat until chicken is 165 F, turning chicken every 5 min.
4. Mix light sour cream and mustard together and cover over cooked chicken breasts.
5. Cover and warm on very low heat for 10 min until sauce is warm.
6. Thin sauce with a dash of water if it gets too thick on you