

## **Herb Sauce over Chicken**

Courtesy of Carole's Creations

Prep Time: 20 minutes

Cooking Time: up 25 minutes, depending on rice\*

Serves:

**CChints:** This is a creamy dish and when you add the rice it's almost like comfort food. You can adjust the spiciness with the type of mustard that you use. You can substitute Dijon mustard for the Dijonnaise®. Dijonnaise is a blend of reduced fat mayonnaise and Dijon mustard. I'm a big fan of pounding chicken so it is all the same thickness and cooks evenly. Sometimes the breasts are really thick in the center and it takes longer to cook while the thinner ends get tuff.



1 cup reduce fat chicken broth, divided

Half of an 8 ounce block of 1/3 less fat cream cheese at room temperature

1/4 cup Dijonnaise

2 gloved minced garlic, fresh or from a jar

1 tablespoon freshly chopped basil

1 tablespoon freshly chopped oregano

1 tablespoons fresh thyme leaves

1 tablespoon freshly chopped chives

1 tablespoon olive oil

4 boneless, skinless chicken breasts

1 teaspoon salt and a dash of black pepper

4 services of brown rice

4 servings of a side vegetable

Garnish with 1 teaspoon of any of the fresh herbs used in this recipe

In a mixing bowl combine the 1/2 cup of the chicken broth through chives. Use the back side of a spoon to smooth out the bumps in the cheese. Blend well until it is all the same color, set aside.

\*Prepare your rice according to package directions. Your rice could take 5 – 25 minutes, so you want to time it so it is done when the chicken is ready.

Rinse chicken, pat dry and lay on a plate. If you are not pounding the chicken, skip this paragraph in the recipe. If you are pounding them, roll out about 18 inches of plastic wrap on your work surface. You can leave each chicken breast whole or cut them in half before pounding. Lay a piece about 3 inches from one end of the plastic wrap and fold the other end over. With a flat surface meat mallet or heavy skillet, pound each piece about 1/2 inch thick and return it to the plate. Cut them in half if they are too large to handle. You will probably have to cook them at 2 different times because they won't all fit in the skillet at the same time. Keep the first batch warm while you cook the second batch.

Heat the oil in a large nonstick skillet over medium heat. Sprinkle all with salt and pepper on both sides and lay in the hot skillet. Cook covered....Not pounded: cook for about 7 minutes on each side until brown and done in the center...or Pounded: cook for 3 minutes on each side until brown and done in the center. Reduce the heat a little and remove the chicken from the pan and put into a container to keep warm for the next 5 minutes and start your side vegetable.

Slowly pour the remaining broth into the pan, scraping the brown bits off the bottom of the pan for 3 minutes. Slowly pour in the cream sauce and simmer for about 5 minutes to allow it to get warm and thicken a little. During this time, check on your rice.

To plate put a serving of rice on each plate. Add a piece of each and spoon the sauce over both. Garnish with fresh herbs, add your vegetable and enjoy.