

Honey- Mustard Chicken with Dipping Sauce

Courtesy of Carole's Creations

Prep Time: 10 minutes

Standing Time: 2 hour

Cooking Time: 10 minutes

Serves: 4

CChints: You can adjust the degree of spice in the chicken with the type of mustard you use. This recipe can be made Dijonnaise® which is a mixture of Dijon mustard and mayonnaise. Or you can use straight Dijon mustard. It's your choice.



Chicken:

4 boneless skinless chicken breasts
2 tablespoons Dijonnaise®
2 tablespoons honey
2-1/2 Tablespoon extra-virgin olive oil, divided
1/2 teaspoon kosher salt
Dash of black pepper
1/4 teaspoon cumin

Dipping Sauce:

4 tablespoons reduced fat mayonnaise
2 tablespoons Dijonnaise®
2 tablespoons honey

Optional: Side vegetable of your choice.

Rinse chicken, pat dry and lay on a plate. 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 put them in a 1 gallon re-sealable plastic bag.

In a mixing bowl, combine the Dijonnaise, honey, 1 tablespoon of oil, salt, pepper and cumin. Blend well. Pour this mixture into the bag and gently smear it all over the chicken pieces. Make sure each piece has some on it. Seal the bag and put it in the refrigerator for 2 hours to the flavors and get to know each other.

During this time, wash everything that came in contact with the raw chicken, including yourself. Right before you cook the chicken, prepare your side vegetable. The goal is to have everything ready at the same time.

At the end of the 2 hours, heat a large skillet over medium heat and add the remaining 1-1/2 tablespoons of oil. Remove the chicken from the bag and lay in the skillet. Discard the bag and the marinade. Cook for about 3-4 minutes on each side until they are a golden brown and the chicken is done. Remove from the skillet and put on a serving platter. Serve with your side vegetable.