

Chicken Dijon

Ingredients:

4 boneless, skinless chicken breasts
3 tablespoons butter
¼ cup chopped onion
½ cup dry wine
2 tablespoons Dijon Mustard
1 ½ cups heavy cream
Dash of crushed Rosemary
Dash of crushed Thyme
Dash of crushed Tarragon
Salt, Pepper

Flatten chicken breasts into cutlets, using meat mallet. Melt 2 tablespoons butter in large skillet and heat pan until quite hot, but not smoking. Add breasts and cook undisturbed for 5 – 6 minutes. Turn breasts and continue to cook until chicken is just barely 165°. Remove from pan, cover loosely, and keep warm.

Melt remaining 1 tablespoon butter in skillet. Add onion and cook until tender. Add wine and mustard and simmer until mixture is reduced by half. Add heavy cream and simmer until sauce is thick enough to coat a spoon. Strain, then add rosemary, thyme, and tarragon. Season to taste with salt and pepper. Pour sauce over chicken and serve.