

# Chicken Diane

Boneless chicken breasts in a buttery sauce with a hint of dijon



**SERVINGS**  
4-6

**PREP TIME**  
10 MINUTES

**COOK TIME**  
30 MINUTES

## INGREDIENTS

6 boneless chicken breast halves      2 tbs Dijon mustard  
1 tbs oil      1/3 cup chicken broth or stock  
1 tbs butter  
1 tsp lemon or lime juice

## DIRECTIONS

Heat oil and butter in skillet and cook chicken on a medium high heat for 4 minutes on each side.

Remove from skillet. Reduce heat to medium low.

Add lemon or lime juice and Dijon mustard and whisk. Slowly add chicken broth and whisk constantly until well blended.

Add chicken back to skillet and simmer for 20-25 minutes.

Serve with the sauce and a side dish of rice or noodles.

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