



Chicken Breast Diane

1 tablespoon oil *

1 tablespoon butter *

6 halves of boneless chicken breast *

1 teaspoon of lemon or lime juice *

1 tablespoon of Dijon-style mustard *

1/3 cup chicken broth *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 to your skillet and whisk. Slowly add chicken broth to this mixture 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. Serves 3-4 people.