Chicken Breasts Diane





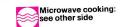
Poultry at Its Best Card 47 Group



Steak Diane is an ever-popular dish. Try this version with chicken breasts, slightly pounded for an interesting variation.

Preparation time: 20 min.





For 4 servings you will need:

- 4 large boneless chicken breast halves or 8 small
- 1/2 tsp. salt
- 1/4 to 1/2 tsp. black pepper
- 2 Tosp. olive or salad oil 2 Tbsp. butter or margarine
- 3 Tbsp. chopped fresh chives or green onions
- Juice of ½ lime or lemon 2 Tbsp. brandy or cognac, optional
- 3 Tbsp. chopped parsley
- 2 tsp. Dijon-style mustard 1/2 cup chicken broth



You can pound chicken breasts flat and leave flattened between sheets of plastic wrap. Wrap them airtight in one package and freeze for later use.

Preparation:

- 1 Place chicken breast halves between sheets of waxed paper or plastic wrap. Pound slightly with mallet. Sprinkle with salt and black pepper.
- 2 Heat 1 tablespoon each of oil and butter in large skillet.
- Cook chicken over high heat for 4 minutes on each side. Do not cook longer or they will be overcooked and dry. Transfer to warm serving platter.
- 4 Add chives or green onion, lime juice and brandy, if used, parsley and mustard to pan. Cook 15 seconds, whisking constantly.
- 5 Whisk in broth. Stir until sauce is smooth. Whisk in remaining butter and oil.
- 6 Pour sauce over chicken. Serve immediately.

Good served with:

Noodles with tomato sauce, steamed broccoli and a fresh salad.

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How to Microwave

Chicken Breasts Diane





For 4 servings you will need:

- 4 large boneless chicken breast halves or 8 small
- ½ tsp. salt
- 1/4 to 1/2 tsp. black pepper
- 2 Tbsp. olive or salad oil
- 2 Tbsp. butter or margarine
- 3 Tbsp. chopped fresh chives or green onions
- Juice of 1/2 lime or lemon 2 Tbsp. brandy or cognac,
- optional
- 3 Tbsp. chopped parsley
- 2 tsp. Dijon-style mustard
- 1/4 cup chicken broth

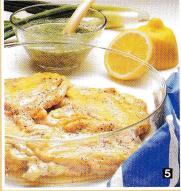
Preparation:

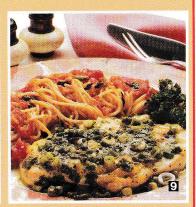
- 1 Place chicken breasts between sheets of waxed paper or plastic wrap. Pound slightly.
- 2 Sprinkle with salt and pepper.
- 3 In a microsafe dish, melt butter and mix with oil. Place chicken breasts in dish, coating breasts on both sides.
- 4 Microwave at HIGH power for 3 minutes. Let rest for 1 minute. Turn breasts over.
- 5 Microwave again at HIGH power for 3 minutes until chicken breasts are done, not overcooked. Set aside.
- 6 Prepare sauce by mixing chives or green onion, lime juice and

brandy, if used, mustard and parsley in a microsafe dish.

- Microwave at HIGH power for 1 minute. Add juices from chicken and broth. Stir until smooth.
- B Pour sauce hot over chicken breasts.
- 9 Serve immediately with noodles.







PERCENTAGE OF USRDA PER SERVING Calories Protein 3.1% 10.4% 12.9% 9.1% Protein Calcium Carbohydrates . 0.9 g Vitamin A 580 mg Vitamin C