

Chicken Breasts Diane

SAMPLE



Poultry at
Its Best Card **47**

Group **5**



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



Preparation time: 20 min.



Microwave cooking:
see other side

For 4 servings you will need:

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

**EASY &
TASTY**

Tips:

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.
- 3** 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.

How to Microwave

Chicken Breasts Diane



Microwave setting HIGH 100%
Microwave cooking
time 6 min.

For 4 servings you will need:

4 large boneless chicken breast halves or 8 small
½ tsp. salt
¼ to ½ tsp. black pepper
2 Tbsp. 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
¼ 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.

7 Microwave at HIGH power for 1 minute. Add juices from chicken and broth. Stir until smooth.

8 Pour sauce hot over chicken breasts.

9 Serve immediately with noodles.

PER SERVING		PERCENTAGE OF USRDA	
Calories	409	Protein	68%
Protein	44.2 g	Calcium	3.1%
Fat	24.2 g	Iron	10.4%
Carbohydrates	0.9 g	Vitamin A	12.9%
Sodium	580 mg	Vitamin C	9.1%

