

BRC Healthy Meal of the Week

Chicken Dijon - Another Delicious, Well Balanced Meal Under 400 Calories!

Ingredients (Single Serving)

Total Prep Time 10 minutes

- 1 chicken breast, boneless, skinless, (about 4 ounces) cut into 1-inch strips
- 1 teaspoon olive oil
- 2 tablespoons onion, finely chopped
- 1/4 clove garlic, crushed
- salt to taste
- freshly ground black pepper
- 2 tablespoons low-sodium chicken broth
- 1/2 teaspoon Dijon Mustard

Cooking Instructions—Total Cooking Time 10-15 minutes

1. Heat the olive oil in a non-stick skillet over medium heat. Add the onion and cook until the onion becomes tender, about 4 minutes. Add the garlic and cook 1 minute more.
2. Turn the heat up to medium-high. Season the chicken with salt and pepper and add it to the skillet. Saute the chicken until it is golden brown on all sides, about 4 minutes.
3. Quickly add the chicken broth and stir with a wooden spoon to release any caramelized bits that are stuck to the pan. Cook until the chicken broth has reduced by half. Stir in the mustard.
4. Serve with long-grain wild rice pilaf and steamed vegetables.

Nutrition Facts (Chicken and Vegetables Only)

Serving Size is about 4-6oz. Of Chicken and 1 1/2 Cups of Vegetables

*one serving of long-grain wild rice pilaf (about 1 cup cooked) is 200 calories

- Amount Per Serving
- Calories 168
- Protein 27 g
- Total Carbohydrate 2 g
- Dietary Fiber 0 g
- Soluble Fiber 0 g
- Insoluble Fiber 0 g
- Sugar 1 g
- Total Fat 5 g
- Saturated Fat 1 g
- Monounsaturated Fat 3 g
- Polyunsaturated Fat 1 g
- Omega-6 Fatty Acid 1 g
- Cholesterol 65 mg

