

## Chicken Dijon

- 4 boneless skinless chicken breast halves
- 1 1/2 tsp. crushed fine garlic
- 1/4 tsp. ground black pepper
- 1/3 cup chicken broth
- 2 cups sliced fresh mushrooms
- 2 Tbsp. Dijon mustard
- 1 tsp. sugar
- 1/2 cup no-fat sour cream

1. Rinse the chicken with cool water. Spread the garlic over & sprinkle with pepper.
2. Spray a large nonstick skillet with cooking spray. preheat over medium-high heat. Cook the chicken for 2 minutes on each side, or until nicely browned.
3. Reduce the heat to low, and pour the broth into the bottom of the skillet. Arrange the mushrooms around the chicken, cover & cook for 15 minutes, or until the chicken is tender & no longer pink.
4. Transfer the chicken to a warm serving platter, Remove the mushrooms from the skillet with a slotted spoon, & place on top of the chicken. Cover the platter to keep it warm.
5. Add the mustard & sugar to the liquid in the skillet, & whisk over low heat to mix well. Add the sour cream, & whisk over low heat to mix well. Add the sour cream, & whisk until the sauce is smooth & heated through. Spoon the sauce over the chicken & mushrooms, & serve hot with rice or noodles, if desired.

### NUTRITIONAL FACTS (per serving):

Calories 175	Fat 2 g	Protein 28.4 g
Cholesterol 67 mg.	fiber 0.6 G	Sodium 335 mg