

CHICKEN BREAST IN MUSTARD SAUCE

UTENSILS:

Electric Skillet, small mixing bowl, whisk Cookie sheet

INGREDIENTS:

5-6 Boneless, Skinless Chicken Breasts

2 TBSP Dijon Mustard

1 tsp Balsamic Vinegar

1 tsp Soy Sauce

1 Cup White Wine

Pinch Cayenne Pepper

1 tsp Corn Starch

DIRECTIONS:

Mix mustard, vinegar, soy sauce, wine, corn starch & pepper in a bowl and set aside. Heat Electric Skillet to 400°; add chicken and cover. When water bubbles around the lip of the cover, flip the chicken and reduce heat to 225°; Cook for 5 minutes. Remove chicken from the skillet and place on a serving platter – set aside. Raise the temperature to 350° and add the liquid mixture to the skillet and whisk until thick. Pour over the chicken and serve.

NOTES:

