

Dijon Mustard Chicken Fricassee

Stephanie Collins

¼ cup Dijon mustard	¼ tsp. fresh ground black pepper
¼ cup chopped fresh parsley, divided	1 Tbsp. olive oil
1 Tbsp. chopped fresh thyme, divided	1 ½ cup chopped onion
3 lbs. chicken breast or pieces, skinned	3 cloves garlic, minced
¼ tsp. salt	1 cup dry white wine
	1 cup fat-free, less-sodium chicken broth

Combine mustard, 1 tablespoon parsley, 1 ½ teaspoons thyme, and chicken in a large Ziploc bag and toss well to coat. Chill 8 hours or overnight. Remove chicken and discard marinade. Sprinkle chicken with salt and pepper. Heat olive oil in large Dutch oven over medium-high heat. Add chicken to pan, and cook 5 minutes on each side or until browned. Remove from pan.

Add chopped onion to pan and sauté 5 minutes or until tender, stirring frequently. Add garlic to pan and sauté 1 minute, stirring constantly. Stir in wine and chicken broth, scraping pan to loosen browned bits. Stir in 1 tablespoon parsley and remaining 1 ½ teaspoons thyme. Return chicken to pan. Cover, reduce heat, and simmer 25 minutes or until chicken is done. Remove chicken from pan with slotted spoon and keep warm.

Cook sauce, uncovered, over medium heat 4 minutes or until slightly thick. Pour over chicken to serve.