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CHICKEN DIJON	Basic Lifestyle
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Ingredients:

- 1 TBS olive oil
- ½ onion, finely chopped
- 1 clove garlic, crushed
- 4 chicken breasts, boneless, cut into 1-inch strips
- pinch salt (to taste)
- freshly ground black pepper
- ½ cup low-sodium chicken broth
- 2 TSP Dijon mustard

Instructions

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. Sauté 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.

Portion-Per-Serving Information (Yields 1 serving)

Serving = 1 chicken breast = 1 P