



Gammy's House Recipes

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Baked Chicken With Creamy Dijon Sauce

4 Chicken Breasts with Chicken Broth
1 egg
1 tablespoon plus 2 teaspoons Dijon mustard
1/2 cup garlic-and-herb seasoned breadcrumbs
4 tablespoons flour
2 tablespoons half-and-half
1/2 teaspoon sugar
2 teaspoons chopped fresh parsley

Preheat oven to 400°.

Spray 8-in. square baking pan with nonstick cooking spray or lightly grease. In shallow bowl, blend egg and 1 tablespoon mustard. Place bread crumbs on plate. Coat chicken with flour. Dip in egg mixture, then dip in bread crumbs to coat. Place coated chicken in baking pan. Spray lightly with nonstick cooking spray. Bake at 400° 18-20 minutes or until internal juices of chicken run clear. Meanwhile, in small bowl, blend remaining 2 teaspoons mustard, half-and-half and sugar.

SERVE: Drizzle mustard sauce over chicken. Top with parsley, if desired.

CHILL: Refrigerate leftovers immediately.