



Chicken with Brussels Sprouts and Mustard Sauce

Makes 4 servings

Ingredients

2 tablespoons olive oil, divided
4 (6-ounce) skinless, boneless chicken breast halves
 $\frac{3}{8}$ teaspoon salt, divided
 $\frac{1}{4}$ teaspoon freshly ground black pepper
 $\frac{3}{4}$ cup fat-free, lower-sodium chicken broth, divided
 $\frac{1}{4}$ cup unfiltered apple cider

2 tablespoons whole-grain Dijon mustard
2 tablespoons butter, divided
1 tablespoon chopped, fresh, flat-leaf parsley
12 ounces Brussels sprouts, trimmed and halved

Instructions

1. Preheat oven to 450 degrees.
2. Heat a large ovenproof skillet over high heat. Add 1 tablespoon oil. Sprinkle chicken with $\frac{1}{4}$ teaspoon salt and pepper; add to pan. Cook 3 minutes or until browned. Turn chicken; place pan in oven.
3. Bake at 450 degrees for 9 minutes, or until done.
4. Remove chicken from pan; keep warm. Heat pan over medium-high heat. Add $\frac{1}{2}$ cup broth and cider; bring to a boil, scraping pan to loosen browned bits. Reduce heat to medium-low; simmer 4 minutes, or until thickened. Whisk in mustard, 1 tablespoon butter and parsley.
5. Heat remaining 1 tablespoon oil and 1 tablespoon butter in a large nonstick skillet over medium-high heat. Add Brussels sprouts; sauté 2 minutes or until lightly browned.
6. Add remaining $\frac{1}{8}$ teaspoon salt and $\frac{1}{4}$ cup broth to pan; cover and cook 4 minutes or until crisp-tender. Serve sprouts with chicken and sauce.

Nutrition Facts

Serving Size: 1 chicken breast half, $\frac{2}{3}$ cup Brussels sprouts and 2 tablespoons sauce; Calories 355; Total Fat 14.9g; Saturated Fat 5.2g; Cholesterol 114mg; Total Carbohydrates 11.6g; Dietary Fiber 3.5g; Protein 42.8g; Sodium 647mg

Recipe adapted from www.MyRecipes.com

