



CITRUS CHICKEN WITH TARRAGON AND MUSTARD

Ingredients

- ¼ Cup all-purpose flour 60 ml
- ½ Tsp. lemon pepper 2 ml
- ½ Tsp. dry mustard 2 ml
- 6 Boneless skinless chicken breasts (4 oz/125 g each)
- 2 Tbsp. canola oil, divided 30 ml
- ¼ Cup finely diced shallots 60 ml
- 2 Tbsp. Dijon mustard 30 ml
- 1 Tsp. dried tarragon 5 ml
- ¼ Cup freshly squeezed lemon juice
- 1 Tbsp. honey 15 ml



Instructions

In shallow bowl, combine flour, lemon pepper and dry mustard. Dip each chicken breast in flour mixture, shake to remove excess and set on clean plate.

In large skillet, heat 2 tsp. (10 ml) canola oil over medium-high heat. When oil is hot, add three chicken breasts and cook 2-3 minutes or until lightly browned. Turn over and cook additional 2-3 minutes until lightly browned. Remove to clean plate. Add remaining 1 tsp. (5 ml) canola oil and repeat with remaining three chicken breasts.

To same saucepan, add 1 tbsp. (15 ml) canola oil and heat over medium heat. Add shallots and cook 1-2 minutes until translucent; do not brown. Add Dijon mustard, tarragon, lemon juice and honey and stir to combine. Return all chicken breasts to saucepan, spooning sauce over chicken and cook 4-6 minutes or until chicken has reached internal temperature of 170 °F (77 °C) on instant-read thermometer.

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