

## **Chicken with Mustard Cream Sauce** (Serves 4)

Recipe adapted from [PreventionMd](#)

### Ingredients:

4 boneless, skinless chicken breasts (pounded to an even 1/4" thickness)  
1 Tbsp. olive oil  
1/4 tsp. salt and pepper, to taste  
1/2 cup chicken broth  
1 cup half and half  
3/4 Tbsp Dijon mustard  
1 Tbsp chopped oregano (or 1 tsp. dried oregano)

### Directions:

1. Add olive oil to a large skillet and preheat over medium-high heat.
2. Season chicken breasts with salt and pepper. Add chicken to skillet and sauté about 3 minutes per side. Set aside. (Chicken isn't cooked through at this point. It will continue cooking in the sauce later.)
3. Pour chicken broth into hot skillet. Whisk in the half and half, mustard and oregano. Whisk 4-6 minutes over medium heat until thickened. Add chicken back into skillet and continue cooking until chicken is cooked through.

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