

Dijon Chicken

Prep Time: 15 Minutes Cook Time: 1 Hour Ready In: 1 Hour 15 Minutes

Servings: 6

"Each chicken breast is soaked with garlic butter, mustard and wine, then breaded and baked."

Ingredients:

4 boneless chicken breast halves
2 teaspoons salt
2 tablespoons butter
3 cloves garlic, chopped
3 tablespoons Dijon mustard
2 tablespoons white wine
2 cups seasoned dry bread crumbs



Directions:

1. Preheat oven to 350°F.
2. Season chicken with salt. In a small skillet or saucepan, sauté butter, garlic, mustard, and wine together for 3 to 4 minutes over medium low heat; spread mixture over chicken.
3. Place bread crumbs in a shallow dish or bowl and dredge chicken in crumbs. Place coated chicken pieces in a lightly greased 9x13 inch baking dish.
4. Bake at 350°F for 1 hour or until chicken is cooked through and juices run clear.