

## Chicken Breasts With Dijon Mustard Sauce

### Ingredients:

- 4 boneless chicken breast halves
- 1/2 cup Dijon mustard
- 1/2 cup apple juice
- 1/2 teaspoon dried leaf tarragon
- 1/2 teaspoon onion powder
- 1/2 teaspoon salt
- 1 tablespoons fresh chopped parsley or 1 teaspoon dried parsley flakes
- 2 tablespoons brown sugar
- Dash ground black pepper
- 1/2 cup heavy cream

### Preparation:

Wash chicken and pat dry. Put the chicken between sheets or plastic and pound gently to a uniform thickness, about 1/3 to 1/2-inch thick. In a bowl, combine the mustard, juice, tarragon, onion powder, salt, parsley, brown sugar, and pepper. Put chicken into a shallow dish or food storage bag and add the mustard mixture. Turn the bag and gently massage the marinade into the chicken; seal bag and refrigerate for 1 to 2 hours.

Remove chicken from the marinade and pour the excess marinade into a saucepan. Grill the chicken for about 6 to 8 minutes on each side in a pan grill over medium-high heat or for about 8 to 10 minutes in a full stove top grill, or until the chicken is cooked through. Meanwhile, add the cream to the mustard mixture in the saucepan and bring to a boil over medium heat; reduce heat to low and simmer for 1 minute.

Serve the grilled chicken with a few tablespoons of the creamy mustard sauce. Serves 4.