

Dijon Chicken Breasts with Rice Pilaf

INGREDIENTS

- » Nonstick vegetable cooking spray
- » 4 (4-oz) chicken breast halves, boneless, skinned
- » 1/3 cup seasoned bread crumbs
- » 2 tbsp Parmesan cheese
- » 1/2 tsp thyme
- » 1/4 tsp pepper
- » 2 tbsp Dijon mustard
- » 2 tbsp reduced-fat mayonnaise
- » 1 tsp olive oil
- » 1/2 cup onion, chopped
- » 1/4 cup mushrooms, chopped
- » 1/4 cup red bell pepper, chopped fine
- » 1 1/2 cups long-grain brown rice, uncooked
- » 3 cups water
- » 1/4 tsp salt
- » 1/8 tsp pepper
- » 1 chicken bouillon cube
- » 1/2 cup slivered almonds

Nutritional Content

Per Serving

Calories	552 cal	Cholesterol	71mg
Protein	37g	Sodium	673mg
Carbohydrate	59g	Calories from Fat	26%
Fat	16g	Fiber	5g
Saturated Fat	3g		

Dijon Chicken Breasts with Rice Pilaf

INSTRUCTIONS

Combine bread crumbs, Parmesan cheese, thyme, and pepper in a shallow dish; stir well, and set aside. Mix mustard and mayonnaise in a small bowl. Brush mustard blend evenly over both sides of chicken. Dredge chicken in bread crumb mixture. Place chicken on a rack coated with nonstick vegetable cooking spray; place rack in shallow roasting pan. Bake at 375F for 45 minutes or until done. Heat olive oil in a medium saucepan over medium-high heat. Add onion, mushrooms, and red bell peppers. Sauté for 2 to 3 minutes. Add rice, water, salt, pepper, and bouillon cube. Bring to a boil and then reduce heat and simmer for 30 minutes or until rice is cooked. Serve chicken with rice tossed with slivered almonds. Serves 4.