

Dijon Chicken Breasts with Rice Pilaf

INGREDIENTS

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

Nutritional Content

Per Serving

Calories	503 cal	Cholesterol	71mg
Protein	36g	Sodium	573mg
Carbohydrate	51g	Calories from Fat	26%
Fat	14g	Fiber	5g
Saturated Fat	2g		

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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. In a small saucepan coated with nonstick vegetable cooking spray, over medium-high heat, add onion, mushrooms, and red bell peppers. Sauté for 2 minutes. Add rice, water, salt, and pepper. Bring to a boil and then reduce heat and simmer for 20 minutes or until rice is cooked. Serve chicken with rice tossed with slivered almonds. Serves 1.

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