

# Mustard-Sauced Chicken



PREPARATION TIME  
20 minutes



COOKING TIME  
15 minutes



PERFECT PARTNER  
green beans



Coarse, grainy mustard adds flavor to many dishes, so buy the economy size. Try it on fish. Spread mustard on fish fillets, then squeeze a lemon over top. Dot with butter and broil for about 10 minutes.

## SHOPPING LIST

- chicken • mushroom soup
- yogurt • grapes • instant rice

## ON HAND

- butter • onion • mustard
- salt • dried chives
- dried tarragon

# Mustard-Sauced Chicken

## INGREDIENTS

- 4 skinless, boneless chicken breasts, (4 ounces each)
- 2 tablespoons butter
- 1 onion, chopped
- 1 (10-ounce) can cream of mushroom soup
- 2 tablespoons coarse-grained mustard
- 1/2 cup plain yogurt
- 1/2 cup water
- 1/4 teaspoon dried tarragon
- 1 1/2 cups instant rice
- 1 teaspoon salt
- 1/2 cup seedless red grapes, halved
- 2 tablespoons dried chives

SERVES **4**

**COOKIN'**  
*Express*

• To save time, simply use whole grapes, or substitute raisins that have been plumped in apple juice.

## Make Ahead

You can prepare this dish through step 2 up to 2 hours ahead. Reheat and add the grapes when ready to serve.

## ♦ VARIATION

*For a chewy texture and nutty flavor, use 1/2 cup cooked wild rice with the white rice.*

**1** Slice chicken. Heat butter in a large skillet over high heat; add onion and chicken. Cook until onion is golden, about 10 minutes.



**2** Stir in soup, mustard, yogurt, water and tarragon. Bring mixture to a boil. Stir in rice and salt; remove from heat.

**3** Let stand, covered, for 5 minutes. Stir in grape halves.



**4** Spoon chicken mixture into a serving dish. Top with chives.