

Chicken Honey Dijon



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Makes 4 Servings

What You Need

Serve with rice and steamed veggies to complete your plate.

2 tbsp olive oil
1 cup sliced mushrooms
1 small chopped onion
1 clove garlic
500g boneless skinless chicken breasts (~4)

1/2 cup low-fat ranch dressing
1/4 cup chicken stock
2 tbsp Dijon mustard
2 tbsp honey

Per Serving

Calories 334
Carbohydrates 17 g
Protein 31 g
Fat 16 g
Dietary Fiber 1 g

How You Prepare

In oil sauté onions, garlic and mushrooms. Cube chicken and add to skillet. Add the rest of ingredients and cook until chicken is done. Serve with rice and steamed veggies to complete your plate.