

CUT 

Ginger-Mustard Chicken



Where service *and savings* matter.

SERVINGS: 4

INGREDIENTS:

NUTRITIONALS

Nutritional analysis per serving:
calories 230, calories from fat 60, total fat 7g, saturated fat 1.5g, cholesterol 85mg, sodium 130mg, total carbohydrate 6g, dietary fiber <1g, sugars 1g, protein 35g, vitamin A 6%, vitamin C 10%, calcium 4%, iron 10% (salt for taste not included in analysis)

1 lb skinless boneless chicken breast, pounded slightly
2 Tbsp Food Club flour
2 tsp olive oil
¾ cup Food Club low sodium chicken broth
2 tsp minced fresh ginger
2 tsp Food Club Dijon-style mustard
2 tsp grainy mustard
8 green onions, sliced
Kosher salt and freshly ground pepper, to taste

DIRECTIONS:

Dust chickens lightly with flour. Heat olive oil in a heavy-bottomed skillet and sauté chicken over medium heat until brown on both sides, about 8-9 minutes per side. Remove chicken and keep warm. Pour broth into skillet, increase heat and deglaze skillet by boiling and scraping loose browned bits on bottom of pan. Add ginger and cook, stirring frequently, for 2 minutes. Stir in mustards and green onions. Season with salt and pepper, if desired. Spoon sauce over chicken. Serving Ideas: Wonderful when served with quinoa-fennel pilaf and steamed broccoli.

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★ Ginger-Mustard Chicken ★ Shopping List

PRODUCE:

- Ginger
- 8 green onions

MEAT/POULTRY/SEAFOOD:

- 1 lb skinless boneless chicken breast

SPICES/SEASONINGS:

- Kosher salt
- Pepper

GROCERY/FROZEN/ MISCELLANEOUS:

- Food Club flour
- Olive oil
- 1 – 14 oz can Food Club Low Sodium Chicken Broth
- Food Club Dijon-style mustard
- Grainy mustard