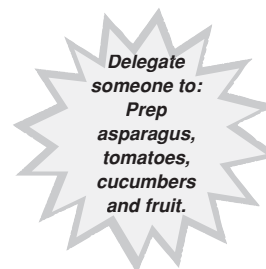


Creamy Chicken Dijon over Noodles

Hands-on - 15 min.

Serves 4 or 6

Unexpected guests? Proudly serve this delicious 15-minute “company food” meal. Guests will rave and family will feel like guests!



Menu

Creamy Chicken Dijon
Egg Noodles
Asparagus
Sliced Tomatoes & Cucumbers
Fresh Fruit Cup

Place a large kettle of water on to boil.

For 4 For 6

1 T 1½ T olive oil
1 tsp 1½ tsp minced garlic (2 or 3 cloves)
1 lb 1½ lb skinless, boneless chicken breast strips

Sauté 7 or 8 minutes over medium-high heat until chicken is no longer pink.

4 oz 6 oz dry egg noodles, preferably whole wheat

Meanwhile, add to boiling water. Set timer for 6 minutes.

1 small 1 lg bunch fresh asparagus

Meanwhile, wash asparagus. Snap off bottoms, cut diagonally into 1½" slices and set aside.

1 can 2 cans (7 oz each) mushrooms, drained

Add to chicken and cook 1 minute.

¼ cup ⅓ cup Dijon mustard
½ cup ¾ cup fat-free sour cream or nonfat plain yogurt

Meanwhile, mix together in a 2-cup measuring cup. Add to bubbling chicken and mushrooms and heat only until hot throughout.

When timer goes off, toss asparagus in with the bubbling noodles. Set timer for 2 minutes. At the sound of the timer, quickly drain.

Serve the chicken over the noodles with asparagus. Place sliced tomatoes and cucumbers and a fresh fruit cup on the side.



Nutrition information for 3 oz chicken breast, 1 cup noodles & asparagus, ¼ cup sauce

Calories	325	Fat	6 g	Fiber	1.6 g	Sodium	573 mg	Total Carbohydrate	28 g
Calories from Fat	16%	Saturated Fat	1 g	Cholesterol	92 mg	Protein	33 g	Sugars	4 g