

THE DIETITIANS NETWORK OF NOVA SCOTIA

Dijon Chicken

Using this chicken breast in a sandwich instead of store-bought deli meat can help you lower your sodium and fat intake.

Recipe Name:	Dijon Chicken
Recipe by:	Antonia Harvey, RD
Short description of recipe:	This recipe is great as a quick weeknight meal and the leftovers can help add variety to your sandwich routine.
Serves	2
Ingredients:	2 boneless skinless chicken breast 1 ½ tbsp djion chicken 1 ½ tbsp balsamic vinegar 1 ½ tbsp lemon juice 1 garlic clove, minced ½ tsp paprika
Instructions:	<ol style="list-style-type: none">1. Line a 8x8inch baking pan with aluminum foil2. Trim any excess fat off the chicken breast and place in the baking pan.3. Combine all other ingredients in a small bowl.4. Pour the marinade over the chicken, cover baking pan with tin foil, and put in fridge. Let marinate for at least 30 minutes and up to two hours.5. Bake the chicken for 20-30 minutes at 400°F or until a meat thermometer inserted into the thickest part of the breast reads 165°F.6. Serve for dinner with a side of your favourite cooked veggies. Use leftovers to make chicken sandwiches for lunch the next day—try slicing the chicken thinly and having it on whole wheat bread with a thin layer of low-fat mayo and your favourite sandwich toppings.