

GUASTELLO'S VILLAGE MARKET

Skillet Chicken Cordon Bleu with Creamy Dijon Sauce

Serves 4

Ingredients

3/4 cup low-sodium chicken broth
2 tsp cornstarch
1/4 cup heavy cream
1 Tbsp Dijon mustard
4 (5 - 6 oz) chicken breasts, pounded to an even thickness (about 1/2-inch)
1/4 cup all-purpose flour
Salt and freshly ground black pepper
1 1/2 Tbsp olive oil
4 thin slices smoked deli ham (I used Boars Head Black Forest)
4 slices swiss cheese
3/4 cup garlic butter croutons, finely crushed
2 Tbsp chopped fresh parsley

Instructions:

Whisk together chicken broth and cornstarch until smooth, mix in cream and Dijon mustard.

Pour flour into a shallow dish, whisk in 1/4 tsp salt and 1/4 tsp pepper.

Heat olive oil in a 12-inch skillet over medium-high heat. Dredge both sides of chicken in flour then add to skillet.

Cook about 4 - 5 minutes until golden brown on bottom then rotate to opposite side and cook until center registers 165 degrees on an instant read thermometer, while layering ham and then cheese over chicken during last 1 - 2 minutes of cooking (if the ham is too large for the chicken fold it in half).

Transfer chicken to a plate, cover plate with a skillet lid to keep chicken warm.

Whisk chicken broth mixture once more then pour into skillet. Season lightly with salt and pepper.

Allow to cook, stirring constantly, until mixture reaches a light boil then allow to simmer about 1 minute, while stirring.

Return chicken to skillet, sprinkle crouton crumbs and parsley over chicken.

Serve warm, topping each serving with some of the sauce and season with more salt and pepper if needed.

Credit: cookingclassy.com

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