

Microwave Chicken Dijon

Ingredients

1 Package McCormick brand Chicken Dijon sauce blend

1 cup milk

2 boneless, skinless chicken breasts

Method

Thoroughly mix Dijon package with 1 cup milk until all lumps are gone.

Place chicken breasts in 10" or 12" Pyrex pie dish.

Add Dijon mix over chicken.

Tightly seal Pyrex dish with Saran wrap. Use multiple layers if needed.

Place in microwave and cook on high heat for 6-8 minutes (cooking times may vary according to size of chicken).

Remove from microwave and remove Saran wrap from pie dish (Be careful. Escaping steam will be hot).

Flip chicken breasts and baste them with sauce in dish.

Tightly reseal with Saran wrap.

Place back in microwave and cook another 6-8 minutes.

Serve with a light topping of sauce over top of chicken.

Goes well with steamed asparagus and butter/garlic-baked potato planks

Serve with Sokol-Blosser Evolution wine.