

Skillet Chicken Breasts with A Shallot Dijon Florentine Cream

Serves 4-6 people

Ingredients:

- 4 boneless chicken breast cut in half length wise.
- Salt and pepper to taste
- ½ cup flour
- 1 cup Dry white wine
- 1-11/2 cups heavy cream
- 2 large Shallots peeled and thinly sliced
- 1 bag baby spinach
- ½ cup chicken stock, more if needed
- 3 tbsp. **whole grain** Dijon mustard
- 3 tbsp. salted butter
- 2 tbsp. olive oil

Directions:

- Season chicken with salt and pepper, and dredge in flour on all sides.
- In a large heavy skillet heat butter and oil over a medium high flame, when hot carefully add your chicken breasts in a single layer, do not crowd them or they will not brown.
- Lightly brown the chicken breasts on both sides, remove chicken breasts and set aside on a plate. **DO NOT CLEAN PAN.** In the same pan add the shallots, cook for 4 minutes until wilted, add white wine and bring to a boil, stir in mustard and heavy cream. Add chicken back to the pan

along with any juices and bring to a simmer for 15-20 minutes or until the sauce has thickened up, add baby spinach and stir. If the sauce is too thick you can add chicken broth to thin.

- Serve chicken and spoon sauce over the top. Enjoy!