

Chicken Dijon

Serves 4

Ingredients:

¼ cup butter

1 cup chopped green onions

1 clove garlic, crushed

2½ pounds broiler-fryer chicken

salt

course black pepper

½ cup dry white wine or chicken

broth

pinch basil

½ cup dairy sour cream

1 tablespoon Dijon mustard

Melt butter; add onions & garlic & sauté until onions are tender, but not browned. Remove onion & garlic. Cut chicken into serving pieces & season with salt & pepper. Brown chicken pieces in used butter, adding more if necessary. When chicken is browned, return onion & garlic to pan, add basil & wine or broth (if you want more gravy, add more wine or broth) & simmer until chicken is tender, ~45 minutes. Remove chicken to heated platter. Add sour cream & mustard to pan (use more if more wine or broth used) & cook until hot, but do not boil. Pour sauce over chicken & serve with rice or rice pilaf.

Pilaf:

1 cup rice

2 cups water

3 chicken boullion cubes

3-4 chopped green onions

1 tablespoon dehydrated parsley

pinch basil

Boil water. Add remaining ingredients. Cover. Cook on low for 20 minutes.