

Sautéed Chicken and Spinach

Ingredients:

1 Tbsp. white wine vinegar
¼ cup minced shallot
2 Tbsp. butter
¼ cup Dijon mustard
1 Tbsp. olive oil
Kosher salt
Freshly ground black pepper
4 boneless, skinless chicken breast halves
1 large bag (10 oz.) baby spinach

Directions:

Season chicken with salt and pepper. Heat oil over medium high heat. Add chicken and cook until browned, turning once, about 8-10 minutes. Add 1 cup water. Reduce heat to medium low, cover, simmer 4-6 minutes, or until chicken is cooked through. Transfer chicken to plate & cover.

Make Mustard Sauce*:

Add minced shallot to pan, cook over medium heat until soft, about 3 minutes. Stir in mustard & vinegar & cook for another minute. Remove from heat, add butter, swirl until blended.

Stir any chicken juices into sauce.

In a medium bowl toss spinach with half the sauce. Place chicken on serving plate, drizzle with remaining sauce, serve with spinach on the side.

Serves 4

*This tangy mustard sauce (substitute 1 tbsp. olive oil for chicken juices) can also be drizzled over steak or tossed with boiled potatoes.