

ROLLED DIJON CHICKEN



1/3 cup whole mustard seed	2 T. olive oil
2 T. dried basil (1/4 c. fresh basil)	2 T. Dijon mustard
2 skinless chicken breasts, sliced	1 cup chicken broth
4 T. Dijon mustard	1 garlic clove, minced

Pound breasts. Spread with mixture of mustard seeds, basil and Dijon. Roll up; secure with toothpicks. Brown in oil. Pour off fat. Add broth, mustard and garlic. Cover. Simmer 10 minutes. Remove chicken. Heat sauce to boiling. Cook 2 minutes. Cut chicken breast into slices.