



Pan-Roasted Chicken Cutlets with Maple-Mustard Dill Sauce

Pounding chicken breast halves ensures they'll cook quickly and evenly. Serve with side of orange-scented couscous to bring out the orange flavors in the sauce.

Ingredients:

- 4 (6-ounce) skinless, boneless chicken breast halves
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- Cooking spray
- 2 tablespoons chopped red onion
- 6 tablespoons maple syrup
- 1/4 cup Dijon mustard
- 1 tablespoon water
- 1 teaspoon chopped fresh dill
- 1 teaspoon grated orange rind

Directions:

- Place each chicken breast half between 2 sheets of heavy-duty plastic wrap; pound each to 1/4-inch thickness using a meat mallet or small heavy skillet. Sprinkle chicken evenly with salt and pepper. Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add chicken to pan; cook 4 minutes on each side or until done. Remove chicken from pan.
- Reduce heat to medium. Add onion to pan; cook 1 minute. Add syrup and remaining ingredients; cook 1 minute or until thoroughly heated, stirring frequently. Serve sauce with chicken.

Yield: 4 servings (serving size is 1 chicken breast and 2 tablespoons of sauce)

Nutritional Information: Calories 287 (11% from fat); Fat 3.5g (sat 0.6g, mono 1g, poly 0.9g); Iron 2mg; Cholesterol 99mg; Calcium 63mg; Carbohydrate 22.5g; Sodium 640mg; Protein 40.3g; Fiber 0.3g

Recipe Source: *Cooking Light*, November 2006

Past recipes may be obtained by going to the [Heartland Health](http://www.heartland-health.com/) web page (<http://www.heartland-health.com/>, KQ2 recipes) or by clicking on the Heartland Health logo above.