



Panko-Crusted Chicken with Maple Pan Sauce

Ingredients:

2 8-oz skinless boneless chicken breasts cut crosswise in half

2 large eggs

1 tablespoon finely chopped parsley (optional)

2 teaspoons plus 2 tablespoons Dijon mustard

1 cup panko breadcrumbs

2 tablespoons olive oil

1 cup chicken broth

3 tablespoons pure maple syrup

2 tablespoons plus 1 teaspoon coarse-grained mustard

1 tablespoon chilled unsalted butter

Instructions:

Using a meat mallet or a rolling pin, pound the chicken in a resealable plastic to 1/3 - 1/2 inch thickness. Whisk eggs, parsley (if using), and 2 teaspoons of Dijon mustard in a large bowl. Put the panko in a low bowl (that the chicken will fit into) and season with salt and pepper. Place chicken in the egg mixture and turn to coat. Dip each piece of chicken in the panko and turn to coat thoroughly, pressing additional panko on any spots that were missed. Heat oil in a large nonstick skillet over medium high heat. Add the chicken; cook until brown and cooked through, about 4 minutes per side. Transfer the chicken to a plate or baking sheet and keep warm in the oven on low heat.

Whisk the broth, maple syrup, coarse-grained mustard and remaining 2 tablespoons of Dijon mustard in a bowl or measuring cup. Add the

mixture to the pan that the chicken cooked in and bring to a boil. Let the sauce reduce until there is about 3/4 cup left, stirring occasionally for about 4-5 minutes. Turn off the heat and add the butter, whisking until blended.

Transfer the chicken to serving plates and spoon the sauce the chicken.

Serves 4.