



Chicken Dijon Crock Pot Style

What You Need

- 2-3 Lbs. Chicken breast, about 2 full breasts (boneless, skinless)
- 2 1/2 Tbsp. Dijon style mustard
- 1 tsp White pepper
- 1 Tbsp. Lemon juice (fresh is best)
- 1 Spring fresh rosemary (or 1 tsp dry)
- 2 Tbsp. olive oil (divided)
- 2 Cloves garlic (crushed)
- 1 ½ tsp. Lemon pepper

1/4 Cup parsley (chopped for garnish) optional

Crock pot (slow cooker)

Meat thermometer

Whisk

Bowl

Non stick fry pan

Tongs

3/4 Cup milk (or cream)

3 tsp. Flour

Before You Start Add 1 Tbsp olive oil to frying pan add garlic and sauté over medium high heat, add chicken breasts. Brown breasts on both sides (about 5 minutes) do not cook through. Remove from heat and set aside

Lets Make It! In a bowl whisk together Dijon mustard, remaining olive oil, lemon juice, white pepper, 1/4 cup of water and lemon pepper. Pour chicken breasts and garlic from frying pan into the crock pot, arrange chicken using tongs so they are not stacked on top of each other. Pour Dijon mixture over the top of the chicken, toss in the rosemary. Cover and cook on high for 3-4 hours testing doneness with a meat thermometer (assuring center temperature reaches 165°). Remove chicken from crock pot and place on serving platter or plate. Add milk and flour to chicken Dijon liquid remaining in the crock pot, whisk well and pour over the top of the chicken before serving.

Serves 4

It's delicious with simple egg noodles

I don't have an instant pot but I do think I will make some changes to this recipe when I do have one.

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