

# Herbed Chicken Cutlets with Mustard Sauce

## **Ingredients:**

### Mustard Sauce

- 2 Tbsp. light mayonnaise
- 1 Tbsp. chopped fresh dill
- 1 Tbsp. Dijon mustard
- 1 Tbsp. white wine vinegar
- 1 tsp sugar

### Chicken Cutlets

- 4 medium chicken-breast cutlets (about 1 1/4 pounds)
- 2 Tbsp. sugar
- 2 Tbsp. chopped fresh dill
- 2 Tbsp. white wine vinegar
- 1 tsp salt
- 1 tsp vegetable oil
- 1/4 tsp coarsely ground black pepper
- 4 slices pumpernickel bread, warmed

## **Directions:**

Prepare Mustard Sauce: in small bowl, mix all sauce ingredients until blended; set aside.

Prepare Chicken Cutlets: if necessary, pound cutlets to uniform 1/4 inch thickness. In medium bowl, stir sugar, dill, mint, vinegar, salt, oil, and pepper until mixed.

Put chicken in bowl with herb mixture, tossing to coat well. Place chicken on grill over medium-high heat and cook 8 to 10 minutes or until juices run clear when thickest part of breast is pierced with tip of knife, turning over once.

Serve chicken with mustard sauce and pumpernickel bread.

**Nutritional Information:**

*One Serving*

Calories: 330

Carbohydrates: 23g

Cholesterol: 93mg

Fat: 9g

Sodium: 955mg

*Source: msn lifestyle*