

# Seared Dijon Chicken

*Serves 4-8 people*

## **Ingredients**

- 4 large chicken breasts
- ½ cup italian salad dressing
- ¼ cup dijon mustard
- 2 teaspoons each
  - Garlic powder
  - Italian seasoning
  - Salt-free seasoning

## **Method of Prep**

1. Clean and prepare your chicken breast. Butterfly each breast so that you have 8 pieces of chicken breast. Add them to a large bowl.
2. Add your italian dressing, mustard and seasoning to the chicken and with a gloved hand, mix thoroughly until chicken is evenly coated with marinade.
3. Marinate chicken for a minimum of 15 minutes and up to overnight..
4. Preheat your oven to 400F. Place a non-stick pan over high heat.
5. After the chicken is done marinating, with a gloved hand, arrange the chicken in the bowl so that each piece is laying flat.
6. Spray the chicken with non-stick spray and add 2 pieces to a hot non-stick pan over high heat to sear each side for 2 minutes on each side.
7. Place all of the seared chicken on a sheet pan and place in the oven to finish cooking for 10-15 minutes.
8. Enjoy!