



Chicken Tarragon

Makes 1 serving (1 protein)
26 grams protein
2 fat
150 calories

Ingredients

- 100 grams chicken breast
- ¼ cup **Tarragon and Garlic Infusion**
(see recipe on our website)
- ¼ cup chicken broth or water
- 1 tablespoon lemon juice
- ½ teaspoon fresh tarragon, chopped
- 1 teaspoon onion, chopped
- 1 clove garlic, minced
- Dash of mustard powder
- Salt and pepper to taste

Directions

1. Heat the chicken broth, vinegar, garlic, and onion in a small saucepan or frying pan.
2. Add chicken and sauté for about 10 minutes or until chicken is completely cooked and liquid is reduced.
3. Deglaze the pan periodically with a little water to create a sauce then serve hot