



Creamy Honey Mustard Skillet Chicken

4 servings

Prep Time: 10 minutes Cook Time: 18 minutes

1/4 cup Hellmann's® or Best Foods® Light Mayonnaise, divided

4 boneless, skinless chicken breasts, (about 1-1/4 lbs.)

1/4 tsp. cracked black pepper

1/4 cup finely chopped onion

3 Tbsp. whole grain Dijon mustard

3 Tbsp. 2% milk

1 Tbsp. honey

Heat 1 tablespoon Hellmann's® or Best Foods® Light Mayonnaise in large nonstick skillet over medium-high heat. Season chicken with pepper. Cook chicken, turning once, until browned, about 8 minutes. Remove chicken and set aside.

Cook onion in same skillet over medium heat just until softened, about 2 minutes. Stir in remaining 3 tablespoons Mayonnaise, mustard, milk and honey.

Return chicken to skillet and cook covered over medium-low heat until chicken is thoroughly cooked and sauce is hot and bubbly, about 4 minutes.

Nutritional Information 1 serving :

Calories 230 , Calories from Fat 60 , Total Fat 7 g, Saturated Fat 1.5 g, Trans Fat 0 g, Cholesterol 95 mg, Sodium 570 mg, Total Carbs 9 g, Dietary Fiber 0 g, Sugars 6 g, Protein 31 g, Vitamin A 2 % , Vitamin C 4 % , Calcium 2 % , Iron 4 %