

### **Potatoes and Chicken Dijon**

4 medium potatoes, sliced ¼ inch thick and micro-waved 8–10 minutes until tender.

1 pound boned and skinned chicken breasts, sliced ½ inch thick.

2 tablespoons vegetable oil

¼ cup prepared honey–Dijon barbecue sauce

1 teaspoon dried tarragon

While potatoes cook, in large skillet toss and brown chicken in oil over high heat 5 minutes. Add potatoes; saute and toss until potatoes are lightly browned. Add barbecue sauce and tarragon; toss until heated through.

Per Serving: 270 calories, 9 g fat, 45 mg cholesterol, 27 g carbohydrates, 20 g protein, 480 mg sodium.

### **Baked Fried Chicken**

½ cup cornmeal

½ teaspoon flour

¼ teaspoon oregano

¼ teaspoon sweet basil

Freshly ground black pepper to taste

1 clove garlic, minced

1 egg white, whipped until frothy, not stiff

4 boneless, skinless chicken breasts

Preheat oven to 350 degrees . Mix dry ingredients. Add garlic to egg white. Pat chicken dry. Dip in egg white and then in dry mixture and place in baking dish (non-stick) Bake 40 minutes.

Per serving: 65 mg cholesterol, 1 gm saturated fat