

ALI'S KITCHEN

Enjoy a Dinner for Two

One-pan meal is an easy and delicious option for a busy weeknight

Column and photos by Ali Carter, Wisconsin Potato Growers Auxiliary

In the busyness of the holiday season, it can sometimes be a bit difficult to find additional time to create a home-cooked meal.

This one-pan dinner for two is ready in 30 minutes and only requires about 10 minutes or so of hands-on prep, making it an easy and delicious option for a busy weeknight.

DIRECTIONS

Preheat oven to 375 degrees.

In a large oven-safe skillet, melt butter

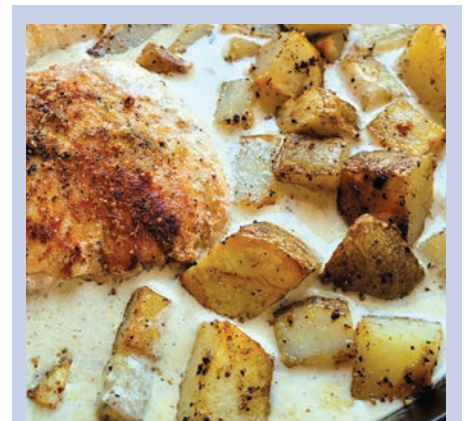
and oil over medium heat.

Season the chicken breasts and diced potatoes with the Italian seasoning and salt and pepper.

Add the chicken to one side of the pan and the potatoes on the other. Cook for about five minutes to brown the chicken and potatoes.

Flip the chicken and toss the potatoes and cook for another three to five minutes.

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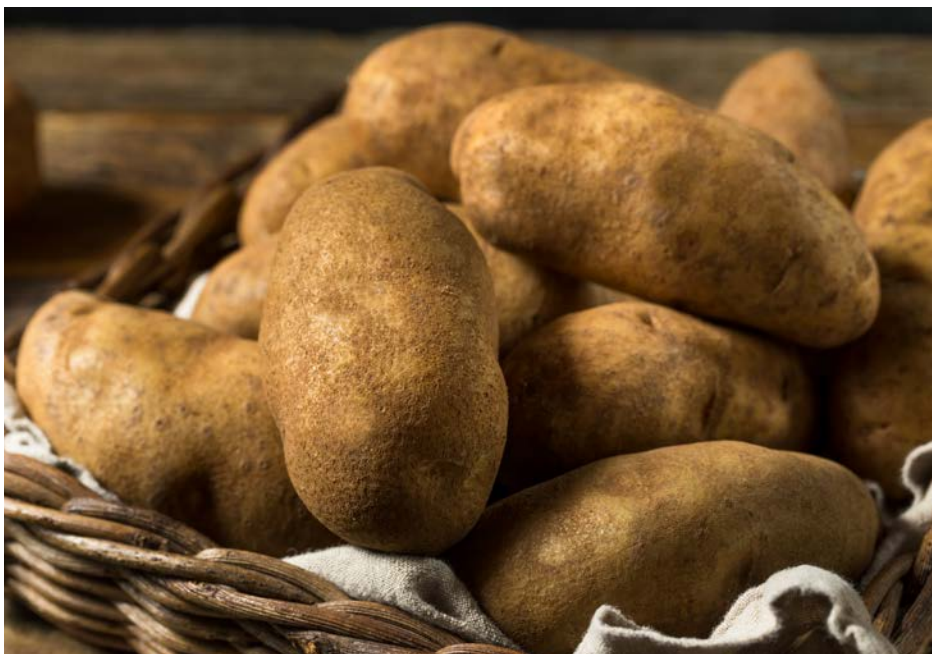
INGREDIENTS:

One-Pan Dijon Chicken and Potatoes: Dinner for Two

- 2 boneless, skinless chicken breasts
- 2 medium russet potatoes (cut into 1-inch pieces)
- 2 Tbsp. butter
- 2 Tbsp. olive oil
- 3 tsp. Italian seasoning
- salt and pepper to taste

Dijon Sauce

- 1 Tbsp. butter
- 1 tsp. minced garlic
- 1 cup chicken broth
- 3 Tbsp. Dijon mustard
- 1 cup heavy cream



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Transfer chicken and potatoes to a plate and set aside while you prepare the Dijon sauce.

FOR THE SAUCE

In the same skillet, sauté the garlic in the butter for 1 minute.

Add the chicken broth and Dijon mustard to the pan and stir to combine, then

whisk in the heavy cream.

Season the sauce with salt and pepper.

Return chicken and potatoes to the pan and place in the preheated oven. Bake for 15-20 minutes until chicken is cooked through and potatoes are fork tender.

Enjoy! **BCT**

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