

TURKEY/CHICKEN BREAST DIANE

January 27, 2022

- 1 lb turkey or chicken breast cutlets
 - 1 tbsp Worcestershire sauce
 - 2 tsp lemon pepper
 - 1 tsp Dijon mustard
 - 2 tbsp lemon juice
 - 1 tsp parsley
 - Lemon for garnish
 - Nonstick cooking spray
1. Coat a large skillet with cooking spray; heat for 30 seconds.
 2. Add turkey/chicken; sprinkle with lemon pepper and cook for 3 to 5 minutes on each side until browned and no longer pink in the center.
 3. Combine remaining ingredients in a small bowl, mixing well. Add to pan and cook until heated through.
 4. Garnish with lemon and parsley.