

# Chicken Breasts

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## Ingredients:

6 six-ounce chicken breasts.  
1 cup of fresh breadcrumbs.  
6 tablespoons of Dijon mustard.  
6 tablespoons of olive oil.

## Preparation:

Preheat your oven to 350°F (175°C).

Lightly coat the chicken breasts with mustard on all sides using a pastry brush.

Place each breast in the fresh breadcrumbs and press down firmly. Turn and repeat until the whole breast is coated with breadcrumbs.

Heat 3 tablespoons of the olive oil in a ten-inch sauté pan over medium heat for about 30 seconds. Add three of the chicken breasts and cook for about 2 minutes, until golden brown. Remove to a baking sheet and repeat with the other three pieces.

Cook the chicken on the baking sheet in the oven for 10-12 minutes.

Remove from oven and serve as desired.