

MAPLE DIJON CHICKEN SKILLET

- 4 chicken breasts, skinless and boneless
- 3 Tbsp olive oil
- salt and pepper, to taste
- 1 cup, diced potatoes
- 1 cup, diced carrots
- $\frac{3}{4}$ cup **TSG Vermont Maple Dijon Grilling Sauce**

1. Heat oil in large skillet over Medium-high heat. Add the chicken breasts and sauté until browned on both sides. Sprinkle with salt and pepper to taste. Reduce heat to Low. Pour Maple Dijon Sauce over the chicken and let simmer about 20 minutes, or until cooked thoroughly.
2. Meanwhile, steam or microwave vegetables until tender. Add vegetables to chicken mixture. Toss to coat before serving.