

Stuffed Chicken Divan with a Sherry Dijon Sauce

From Food Network Kitchens



Prep Time:	20 min	Level:	Serves:
Inactive Prep Time:	--	Intermediate	4 servings
Cook Time:	30 min		

Notes

We've updated this classic dish while still keeping all the elements that people love: crisp broccoli, juicy chicken, and a tasty Parmesan sauce. By stuffing the chicken breasts we were able to cut down on the overall cheese in the dish while still maximizing flavor. A mixture of low-fat evaporated milk, broth and sherry with a touch of cornstarch makes a creamy sauce that tastes as rich as the full fat version.



Ingredients

Cooking spray

2 cups (4 ounces) fresh broccoli florets

1/2 cup (2 ounces) grated Gruyere cheese

1 clove garlic, finely chopped

4 (6 to 8-ounce) boneless skinless chicken breast halves

2 teaspoons olive oil

2 teaspoons chopped fresh thyme

Kosher salt and freshly ground black pepper

1 cup low-fat evaporated milk

1/2 cup low-sodium chicken broth

1/4 cup dry sherry

1 1/2 teaspoon cornstarch

2 tablespoons grated Parmesan cheese

1 teaspoon Dijon mustard

Preheat the broiler. Mist a shallow rectangular baking dish with cooking spray. Bring a medium pot of salted water to a boil. Add the broccoli and cook until bright green and crisp tender, about 5 minutes. Drain well and run under cold water until cold. Drain well again and squeeze dry in paper towels.

Chop the broccoli and toss in a bowl with the Gruyere and garlic. Insert a paring knife into the thickest part of each chicken breast to make a 3-inch deep pocket. Stuff each chicken breast with equal amounts of the broccoli mixture. Rub both sides of the chicken breasts with oil and thyme and season with salt and pepper.

Heat a large nonstick skillet over medium-high heat until very hot, about 5 minutes. Put the chicken in the pan and cook until golden brown and just cooked through, about 6 minutes per side. If the chicken begins to brown too quickly, turn the heat down to medium to finish cooking through. Transfer to the baking dish.

Meanwhile, combine the milk and stock in a small pot, season with salt and pepper and bring to a simmer over medium heat. Stir the sherry and cornstarch until smooth and pour, whisking constantly, into the sauce. Cook until just thickened, about 2 minutes. Remove from heat and stir in the Parmesan. Top each chicken breast with 2 tablespoons of sauce and place under the broiler. Broil until lightly browned, 2 to 3 minutes.

Let the chicken rest for 5 minutes and then cut each breast in half on an angle. Whisk the mustard into the remaining sauce and spread a few tablespoons on each plate. Top with a halved chicken breast.

Nutritional analysis per serving

Calories 347; Total Fat 11g (Sat Fat 5.1g, Mono Fat 3.9g, Poly Fat 1.1g) ; Protein 50g; Carb 10g; Fiber 1g; Cholesterol 126.5mg;
Sodium 433.5mg



Copyright 2011 Television Food Network G.P.
All Rights Reserved