

Herb Dijon Chicken with Prunes & Cream

PREP TIME:

5 minutes

COOKING TIME:

LOW: 8 hours
or
HIGH: 3 1/2 hours

SERVES:

4-6

INGREDIENTS:

2lb chicken thighs, boneless, skinless

2 tbsp Dijon mustard

1/2 tsp salt

1 Provençale blend

1/2 cup / 4 fl oz white wine / chicken
broth

7 oz / 20 ready-to-eat pitted prunes

1/4 cup / 2 oz sour cream

PREPARE:

brush the chicken with the Dijon
mustard; mix the Provençale blend and
the salt, sprinkle onto mustard coating

add the white wine / chicken broth and
prunes to the slow cooker

transfer the chicken to the slow cooker

cook on LOW: 8 hrs or HIGH: 3 1/2 hrs

stir the cream into the chicken and
juices in the slow cooker

serve over buttered, wide egg noodles
or creamy polenta

