

## ***Dijon Chicken with Panko Crust***

Author: Sunset, 2004

Source: via [Recipezaar.com](http://Recipezaar.com)

***Carolyn T's  
Cookbook***

**Servings: 8**



### *Description:*

1. In a large bowl, whisk together butter, mustard and garlic.
2. In another bowl, mix panko crumbs, parmesan cheese and parsley.
3. One at a time, turn chicken breast in butter mixture to coat completely;(If chicken breast are very thick it is good to pound them;) dip rounded side of the chicken breast in panko mixture.
4. Place breast crumb side up in a 10-by 15-inch baking pan, sprayed with non-stick cooking spray.
5. Bake chicken in a 500 degree oven crumbs are golden and breast are no longer pink in center of thickest part (cut to test),about 15 minutes, may take longer, depending on the size of the breast.
6. Serve with Dijon sauce: Dijon Sauce: In a bowl mix mayonnaise, Dijon mustard, sesame oil and soy sauce: makes 3/4 cup sauce.

**1/4 cup butter, melted**

**1/4 cup Dijon mustard**

**2 cloves garlic, peeled and minced or pressed**

**1/2 cup panko, Japanese bread crumbs**

**2 tablespoons grated parmesan cheese**

**1 1/2 tablespoons minced parsley**

**8 boneless skinless chicken breast half**

### **DIJON SAUCE:**

**1/2 cup mayonnaise**

**1/4 cup Dijon mustard**

**1/2 tablespoon sesame oil (1/2 to 1)**

**1 teaspoon soy sauce**

***Blog: Carolyn T's Blog:***

***<http://tastingspoons.com>***

*Per Serving (excluding unknown items): 319 Calories;  
21g Fat (58.6% calories from fat); 29g Protein; 4g  
Carbohydrate; 1g Dietary Fiber; 90mg Cholesterol;  
478mg Sodium. Exchanges: 0 Grain(Starch); 4 Lean  
Meat; 0 Vegetable; 2 1/2 Fat; 0 Other Carbohydrates.*