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One of the best ways to make a house into a home is to invite some friends over for a meal. If you try this recipe, let me know how it turns out for you. And if you have a favorite recipe of your own, send it my way.

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## Chicken with Mustard Cream Sauce

This is a great recipe. It doesn't require any fancy ingredients or equipment—you probably already have most of these items in your kitchen right now—and it is quick & easy to prepare. But the small effort yields big results, with a smooth & flavorful cream sauce to coat your stir-fried chicken strips.

1 Tbsp olive oil	1 Tbsp flour
2 garlic cloves, crushed	1 Tbsp coarse mustard
4 boneless, skinless chicken breasts, cut into 1" strips	Salt & black pepper
1 cup light cream	Parsley sprigs for garnish

1. Heat the oil in a large skillet over medium-high heat. Add the garlic and cook for 2 minutes, stirring regularly. Add the chicken strips, drop the heat to medium-low, and cook for 10 minutes. Continue stirring to be sure chicken cooks evenly.
2. With a slotted spoon, remove the chicken strips from the pan, saving the juices for Step 4. Keep the chicken strips warm by covering them with foil, or placing them in a toaster oven on low heat.
3. In a small bowl, mix a little of the cream with the flour to make a smooth paste. Set aside for Step 4.
4. Pour the remaining cream into the pan and stir into the cooking juices. Bring to a boil over medium-high heat, stir in the cream & flour paste, then drop heat to medium-low. Stir constantly for 2 minutes, until sauce has thickened. Stir in mustard, heating gently (boiling the mustard will yield a bitter flavor.) Add salt & pepper to taste.
5. Return the chicken to the pan, stirring well to coat the strips with the sauce. Serve immediately, garnished with parsley sprigs. Makes 4 servings.

You can dress this dish up with cous cous, fresh vegetables, and a bottle of white wine to serve with company, or just serve it over rice for a quick & tasty dinner parents & kids can enjoy together.

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