



Recipes

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Rosemary Chicken

Serves 1

Ingredients:

- 1/2 cup White Wine Vinegar
- 3 - 4 Rosemary Sprigs
- 2 Tbsp. Dijon Mustard
- 1 Tbsp. fresh Basil , chiffonade
- 1/2 cup Olive Oil
- 3 skinless Chicken Breast strips

Directions:

1. Whisk first 5 ingredients in non-reactive bowl. Add oil and whisk.
2. Add chicken to marinade. Allow to marinade for 6 hours.
3. Sauté chicken in pan over medium heat.