



Creamy Herbed Chicken

From: the Makers of LACTAID® Brand Products

Chicken breasts are simmered in a creamy herb sauce flavored with cloves, thyme and bay leaves.

 Serves
4 Servings

 Prep Time
10 Minutes

Cook Time
25 Minutes

Total Time
35 Minutes

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Ingredients

2 tablespoons margarine
2 cloves garlic, minced
4 tablespoons flour
2 cups LACTAID® Reduced Fat Milk
3 cloves
1 sprig fresh thyme

3 bay leaves
1 pinch salt and pepper to taste
4 boneless, skinless chicken breasts

Preparation

1. Melt margarine in a medium size skillet over low heat. Add garlic and flour. Cook over low heat until flour absorbs margarine and begins to whiten (about 1 minute). Remove from heat and slowly add LACTAID® Reduced Fat Milk while stirring constantly with a wire whisk to prevent lumps from forming. Mix well and return to heat. Add cloves, thyme, bay leaves and season with salt and pepper. Stir well. Simmer 3-4 minutes or until the sauce starts to thicken.
2. Add chicken breasts and cover pot. Simmer over low heat 6-8 minutes. Turn breasts over and cook an additional 6 minutes or until breasts are cooked through. Discard bay leaves and serve.



For nutrition information, please visit
[recipes.lactaid.com](https://www.recipes.lactaid.com)