

## Savory Chicken Cakes with Creamy Dijon Sauce

Submitted by:

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### 4 Servings

#### Chicken Cakes

- 3 boneless, skinless chicken breasts
- 3.5 cups chicken stock
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 cup mayonnaise
- 1 cup sour cream
- 1/2 cup roasted sweet red bell peppers (jar)
- 2 tablespoons green onions, chopped
- 1 teaspoon garlic, minced
- 1/2 teaspoon dry thyme
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 2 cups saltine crackers, finely crushed, bread crumb style
- 2 large egg whites, slightly beaten
- 1/2 cup all-purpose flour
- 1/4 cup grated parmesan cheese
- 1/2 cup vegetable oil

#### Creamy Dijon Sauce

- 1 can (10 3/4 ounce) condensed Cream of Chicken with Herbs soup
- 1/2 cup chicken stock
- 1 tablespoon Dijon mustard



- 1) Cut the chicken breasts into three strips each. In a medium pot, combine chicken stock, salt and black pepper and allow to come to a boil over medium heat. Once the broth is hot, add the chicken strips and reduce heat to low-simmer. Allow the chicken to poach for 10 minutes. While the chicken is poaching you can prepare the additional ingredients.
- 2) In a food processor, combine the mayonnaise, sour cream, red bell pepper, green onions, garlic, thyme, salt & pepper.
- 3) Remove the chicken strips from the broth and place in a large mixing bowl. Gently pull the chicken into medium sized pieces. NOTE: I do this while the chicken is hot to ensure that the poultry is cooked thoroughly. Add the mayonnaise mixture from the food processor to the chicken pieces along with the saltine cracker crumbs and egg whites and combine all ingredients.
- 4) On a large dinner plate, combine the flour and parmesan cheese. In a large skillet, heat the vegetable oil to medium heat while you gently form the chicken mixture into 1/2 cup patties. Lightly dredge the patties in the flour mixture and cook them in the heated oil for 4-5 minutes per side. Remove to paper towels to drain excess grease.
- 5) While the patties are cooking, prepare the cream sauce. In a small saucepan over medium heat, combine the condensed cream soup, chicken stock and Dijon mustard. Stir occasionally until smooth and heated thoroughly. Serve over Savory Chicken Cakes.

