

Beer & Mustard Chicken



2 lbs APM Cilantro lime chicken breasts, cut in strips
1 whole Spanish or white onion, thinly sliced
2 cups fresh parsley, chopped
1 cup of your favorite beer
2 cloves of garlic, minced
1 tbsp. yellow mustard
Salt and pepper to taste

Sauté the onion and garlic until onion is soft. Add chicken, sauté until strips are golden brown.

Blend mustard and beer together and pour mixture over the chicken. Cover and let it simmer for 15 minutes at medium low heat.

Season with salt & pepper and add parsley when ready to serve.

Enjoy over mixed greens.