



COMPLETE YOUR COOKING WITH COLMAN'S™

**PRESS RELEASE
FOR IMMEDIATE RELEASE**

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Colman's Mustard Heats Up National Chicken Month!

(Santa Barbara, California) - With so much focus at this time of year on back-to-school lunches and after-school snacks, people often forget about making healthy, delicious dinners. September is National Chicken Month and Colman's Mustard adds that unforgettable zest to make chicken dinners delicious. With **Colman's-style Baked Chicken Kiev**, your family will be so enticed by the explosion of tangy and zesty flavors that they won't even realize they are getting over 50% of their daily value of protein and staying under 0.05 grams of sugar.

Colman's-style Baked Chicken Kiev

For the filling

5oz Ricotta cheese
1 stick butter, softened
Zest and juice 1 lime
2 cloves garlic, finely chopped
1 heaping teaspoon Colman's Mustard Powder
1 tablespoon finely chopped parsley
Salt and pepper

4 Chicken breasts

For the coating

breadcrumbs use 1 cup or 1 ¼ cup if the conversion won't yield enough
1 medium egg whisked with ½ cup milk
1/4 cup flour



Preheat oven to 375 degrees

In a small bowl, mix together all the ingredients for the filling

Place the chicken breasts on a board, slice them lengthwise and open them out

Divide the mixture from the small bowl into 4 equal parts.

Spoon one part of the filling into the center of a chicken breast and fold over all sides of the chicken breast until it is completely wrapped.

Repeat with the remaining chicken breasts.



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Lightly dust each stuffed chicken breast with flour and dip it into the beaten egg and milk
Finally, roll the chicken breast carefully in the breadcrumbs. Repeat by dipping the chicken breast back into the egg and milk and again carefully in the breadcrumbs
Place the chicken breasts on a greased baking tray and bake for 30 minutes
Remove and let rest for 5 minutes
Serve with your favorite salad or vegetables for a complete meal.

Serves 4.

Luckily, one jar of irresistible, versatile Colman's Mustard will last you through much more than one chicken dinner. To ensure exceptional flavor in home-cooked meals, add it to a dressing for your chicken salad, place a thin coating on your chicken burger, or even use it to make a honey mustard dipping sauce for your chicken skewers. For additional recipes and suggested uses, you can visit www.ColmansUSA.com.

About Colman's

Established in 1814, Colman's of Norwich has been recognized widely as *the* English mustard in the World. Using a unique and zesty blend of brown mustard seeds (*Brassica Juncea*) and white mustard seeds (*Sinapis Alba*), Jeremiah Colman created a mustard with a flavorful heat sensation that has become an essential condiment and paramount ingredient in Britain's favorite recipes, even to the highest royal order. In 1866 Queen Victoria bestowed the ultimate seal of approval - the Royal Warrant – galvanizing Colman's as the crown jewel of mustards, securing its place in the most discerning kitchens around the world. Sold as prepared mustard and mustard powder, Colman's provides a pure, fiery and complex condiment for all your recipes and dishes. Complete Your Cooking With Colman's. For recipes, extended history and information please visit www.ColmansUSA.com.



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For product samples, press materials, or further information, please contact Leigh-Anne Anderson, Christie Communications, at 805-969-3744, or landerson@christiecomm.com.

*<http://www.livestrong.com/thedailyplate/nutrition-calories/food/generic/chicken-breast-2/>