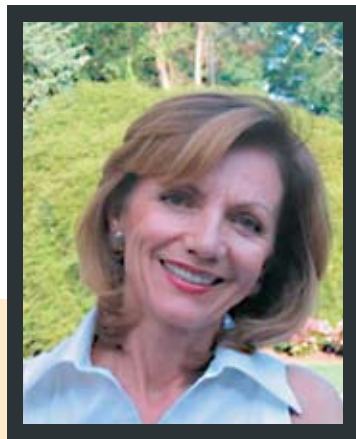


# *In the Galley with Trudy*



## *Parmesan-Crusted Chicken with Arugula Salad*

1 Tbs Dijon mustard

1 Tbs extra-virgin olive oil

½ tsp fresh thyme, chopped

4, 6-oz boneless, skinless chicken  
breasts

salt and pepper

½ tsp water

½ cup freshly grated Parmesan cheese

4 cups packed arugula leaves

1 cup cherry tomatoes, cut into halves

Preheat the oven to 475°. In a small bowl, whisk 2 tsp of the mustard with 2 tsp of the olive oil and all of the thyme. Season the chicken breasts with salt and pepper, and brush them all over with the mustard mixture. Pat 2 Tbs of Parmesan cheese onto each breast. Transfer the chicken to a rimmed baking sheet, and bake on the top shelf of the oven for approximately 15 minutes, or until cooked through and nicely browned.

In a bowl, combine the remaining 1 tsp each of mustard and olive oil. Stir in the water. Add the arugula and tomatoes, season with salt and pepper, and toss well. Spoon the salad onto 4 plates, top each salad with a chicken breast, and serve. •