

Chicken Breasts in Blue Cheese Sauce

4 boneless skinless chicken breasts
salt and pepper to taste
3 tbsp butter, divided
1 tbsp flour
3/4 c milk
1/2 c chicken broth
1 c blue cheese, crumbled
1/4 c onion, finely chopped
1/4 c dry white wine

Sprinkle chicken breasts with salt and pepper. Melt 2 tbsp of the butter in a skillet. Add chicken and brown on both sides, continue to cook until chicken is cooked through. Remove to a platter while you make the sauce, keep warm. Melt remaining butter in a saucepan. Stir in the flour. Add the milk and broth, stirring constantly. Add cheese and stir until it melts. Add the onions to the chicken skillet. Add the wine to deglaze. Stir in the cheese sauce. Using a sieve, strain the sauce back into the saucepan, stirring and pressing down with a spoon. Pour the sauce over the chicken and serve.