

Chicken Saltimbocca Delish



Servings: 4

3 chicken breasts

Kosher salt

Freshly ground black pepper

1 tbsp. sage, finely chopped, plus 3 large leaves per cutlet

6 slices prosciutto (about 3 oz.)

1/3 c. all-purpose flour

2 tbsp. extra-virgin olive oil

2 tbsp. butter

2 garlic cloves, grated

1/2 c. dry white wine

1/2 c. low-sodium chicken broth

Fresh chopped parsley, for garnish

Freshly grated parmesan, for garnish

Slice each chicken breast in half horizontally so that you have two cutlets per breasts. Sandwich each breast with plastic wrap and, using either using a small, heavy pot or tenderizer, pound the cutlets until about 1/4" to 1/2" thick. Season generously on each side with salt and pepper. Lay out all cutlets, cut side down, and sprinkle with chopped sage. Lay a slice of prosciutto over each cutlet and wrap any excess underneath. Next, press 3 sage leaves into each cutlet making sure the sage adheres to the prosciutto.

Pour flour onto a plate and season with salt and pepper. Carefully dredge each cutlet in flour, being sure to press any sage leaves that have fallen off back on to the cutlet.

In a large heavy-bottomed skillet, heat olive oil over medium-high heat. Add cutlets prosciutto side down and cook for 2 to 3 minutes or until the prosciutto is browned and slightly crispy. Flip and cook for an additional 4 to 5 minutes, until the chicken is cooked through. Remove the chicken and set aside.

Reduce the heat to medium and add butter to the pan, making sure to scrape up any browned bits. Once the butter is melted and foamy, add garlic and cook for 1 minute, stirring often. Stir in wine, bring to a simmer, and let cook for 3 minutes or until reduced by half. Add broth, return to a simmer, and cook for another 3 minutes, until the sauce has reduced by half again.

Add the chicken back into the skillet and cook for 2 minutes, spooning the sauce over the top of the chicken to coat. Move to a plate and garnish with a sprinkle of parsley and freshly grated parmesan.

Per Serving (excluding unknown items): 555 Calories; 33g Fat (56.5% calories from fat); 47g Protein; 10g Carbohydrate; 1g Dietary Fiber; 154mg Cholesterol; 194mg Sodium; trace Total Sugars; 1mcg Vitamin D; 42mg Calcium; 2mg Iron; 550mg Potassium; 408mg Phosphorus. Exchanges: .