
Fine Cooking Chicken Saltimbocca

Servings: 4



4 boneless skinless chicken breast halves (about 1-1/2 lb. total)

Kosher salt and freshly ground black pepper

3 Tbs. extra-virgin olive oil

2 Tbs. unsalted butter

24 fresh sage leaves

4 thin slices prosciutto, cut crosswise into thin strips

1/3 cup dry white wine (like Pinot Grigio)

1 cup homemade or low-salt chicken broth

Trim any excess fat from the chicken. Cover the breasts with plastic wrap and pound with a smooth meat mallet (or a heavy sauté pan) until they're evenly 1/2 inch thick. Season with 1/2 tsp. salt and 1/4 tsp. pepper.

Heat the olive oil and 1 Tbs. of the butter in a large sauté pan over medium-high heat. When the butter is foaming, set two of the chicken breasts in the pan and sear without moving until golden brown, 3 to 4 minutes. Flip the chicken and cook until firm to the touch and cooked through, about another 3 minutes. Transfer to a platter and repeat with the other two breasts. Add the sage leaves and prosciutto to the pan and cook until crisp and slightly browned, about 1 minute. Transfer to a plate lined with paper towels.

Pour the fat from the pan, set the pan over high heat, and add the wine. Boil, scraping up any browned bits from the bottom of the pan with a wooden spoon, until the wine is almost completely reduced. Add the chicken broth and boil until it's reduced by half, about 3 minutes. Return the chicken to the pan, stir in the remaining 1 Tbs. butter, and cook for 1 minute to heat through. Serve the chicken with the sauce, sprinkled with the sage and prosciutto.

Boneless Skinless Chick Breast, Company Main Course, Prosciutto, Sage, Saltimbocca

Per Serving (excluding unknown items): 583 Calories; 35g Fat (55.1% calories from fat); 63g Protein; 1g Carbohydrate; 0g Dietary Fiber; 174mg Cholesterol; 6113mg Sodium. Exchanges: 9 Lean Meat; 3 Fat.