



Chicken Saltimbocca

Cook: 20 min Ready In: 20 min

Recipe By: **Diana Henry – From Eating Well Test Kitchen**

“This healthy chicken saltimbocca recipe makes an impressive, yet fast, classy dinner. Serve this Italian-inspired chicken with roasted broccoli rabe and creamy polenta to round out this elegant meal.”

Ingredients

- 2 small boneless, skinless chicken breasts (5-6 ounces each), tenders removed (**see Tip**)
- ¼ teaspoon ground pepper
- 2 thin slices prosciutto
- 2-4 fresh sage leaves
- 1½ teaspoons all-purpose flour
- 1 tablespoon butter
- 2 teaspoons extra-virgin olive oil
- ¾ cup dry Marsala

Directions

1. Put chicken breasts between pieces of plastic wrap and, using a rolling pin or the smooth side of a meat mallet, bash them to a thickness of about ¼ inch, but don't bash so hard that they break up. Season with pepper. Wrap a slice of prosciutto around each chicken escalope and put a sage leaf or two on top. Lightly dust the chicken on both sides with flour.
2. Heat butter and oil in a large skillet over medium heat. Cook the chicken until no longer pink in the middle, about 3 minutes per side. To check if it's done, stick the tip of a sharp

knife into it: the juice that runs out should be clear with no trace of pink. Transfer the chicken to a warm platter and cover with foil.

3. Add Marsala to the pan and cook over high heat until thickened and reduced by about half, 3 to 4 minutes. Serve the sauce over the chicken.

Tip:

It's tricky to find individual chicken breasts small enough for one portion. Removing the thin strip of meat from the underside of a 5-ounce breast—the chicken tender—removes about 1 ounce of meat and yields a perfect 4-ounce portion. Wrap and freeze the tenders and when you have gathered enough, use them in a stir-fry or for oven-baked chicken fingers. If you can only find large chicken breasts, you'll need just 1 breast for 2 servings—remove the tender and cut it in half crosswise before cooking.

Nutrition information

Serving size: 1 chicken breast & 2 Tbsp. sauce

Per serving: 395 calories; 15 g fat(6 g sat); 0 g fiber; 14 g carbohydrates; 27 g protein; 9 mcg folate; 89 mg cholesterol; 7 g sugars; 200 IU vitamin A; 0 mg vitamin C; 23 mg calcium; 1 mg iron; 443 mg sodium; 279 mg potassium

Carbohydrate Servings: 1

Exchanges: 4 lean meat, 2 fat