

SERRANO CHICKEN

Time: 20 minutes

Serves: 4

Ingredients:

2 boneless-skinless chicken breasts – halved lengthwise
8 slices Serrano ham or prosciutto
1 tablespoon butter
1 tablespoon extra-virgin olive oil
1 large clove garlic – finely chopped
4 fresh sage leaves – thinly sliced
¼ cup dry white wine
1 tablespoon fresh lemon juice
⅛ teaspoon fresh ground black pepper

Preparation:

Place the chicken breast between sheets of waxed paper and hit with the base of a heavy cast pan or mallet to flatten to ¼" to ⅜".

Place a slice of ham on both sides of each chicken breast and set aside.

Place the butter, olive oil and garlic in a heavy pan and place on high heat. Once the butter is hot, carefully add the chicken, cooking for two minutes per side.

Mix together the sage, wine, lemon juice and black pepper then add to the pan. Bring the liquid to a boil for one minute and remove from heat. Serve the chicken breast drizzled with the pan juices.

Nutritional Information Per Serving:

Calories: 294
Fat: 15g
Carbs: 0.6g
Fibre: 0g
Protein: 35g