



Chicken Saltimbocca

INGREDIENTS:

4- 4 ounce Boneless, skinless chicken breast
4 slices Proscuitto, sliced very thin ½ ounce
1 Tablespoon Sage, fresh, chopped or 4 sage leaves
1 cup Flour, unbleached
1 Tablespoon Onion powder
1 cups Egg beaters, or egg whites
4 slices Provolone cheese, sliced very thin ½ oz.
10 cups Spinach, rough chopped, cooked, cooled
1 Tablespoon Olive oil
Pinch Salt
Pinch White pepper
½ cup White wine
1 cup Chicken stock, low sodium
½ cup Fat free half and half
1 teaspoon Sage, fresh, chopped

PREPARATION:

- Pound out chicken breasts to about a ¼ ” thickness. (Chicken breasts should be pounded thin enough so that it all sides are uniform for cooking purposes.)
- Heat large saute pan to medium high heat/flame.
- In medium size bowl, mix flour, salt, pepper and onion powder.
- Place a thin slice of proscuitto on cutting board, then lay a sage leaf on top of the proscuitto with face side down. Then place pounded chicken breast on top of that.
- Next, place a slice of provolone cheese on the top of the chicken breast and then fill the center with the cooked and cooled spinach.
- From the top of one chicken breast roll the breast around the spinach to the other end of the breast. Secure with toothpick if needed.
- Dip rolled chicken breasts into egg beaters, then dip them into the flour mixture and set aside until all breasts have a nice flour coating.
- Add olive oil to pan and spread around. Once olive oil is hot, place breasts in saute pan.
- Leave chicken breasts on each side until nice golden brown
- Once you have flipped the breast over onto the last side and after it has seared for about 2 minutes, then add the white wine.
- Let the white wine slightly evaporate or absorb into the chicken then add your chicken stock and sage.





- The stock should slightly thicken, Then simply add the fat free half and half to make it a creamy looking sauce; remove breasts from pan and pour sauce over the chicken.

Serves: 4

Serving Size: 1 Breast with 2 ounces of sauce

Calories: 255

Fat: 8 grams

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