

Chicken

Pancetta-Wrapped Chicken with Glazed Date Sauce

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Servings: 4

Start to Finish Time: 30 minutes

2 (8-ounce) chicken breast halves

1/2 package (5.2 oz) semi-soft cheese with garlic and fine herbs

4 thin slices (about 1 oz) pancetta or prosciutto

1 tablespoon olive oil

1/2 cup pitted whole dates, chopped

1/2 cup balsamic vinegar

2/3 cup water

Cut the chicken in half horizontally. Top each piece with one-fourth of the cheese. Wrap the pancetta around the cheese; tuck the ends under the chicken.

In a large skillet, heat the oil over medium-high heat. Cook the chicken, cheese side up first, over medium heat for 4 to 5 minutes. Turn over, cook 4 to 5 minutes until golden brown and no pink remains in the chicken.

Transfer to a platter. Cover to keep warm.

Remove the skillet from the heat.

Add the dates, vinegar and water to the skillet. Return to the heat. Cook, uncovered, for 5 to 7 minutes until the sauce is thickened and the dates are soft, stirring to scrape up the browned bits.

Spoon over the chicken.

Sprinkle with salt and pepper.

Per Serving (excluding unknown items): 191 Calories; 12g Fat (55.9% calories from fat); 19g Protein; 2g Carbohydrate; 0g Dietary Fiber; 58mg Cholesterol; 59mg Sodium. Exchanges: 2 1/2 Lean Meat; 0 Fruit; 1/2 Fat.