

Prosciutto-and Sage-Stuffed Chicken Rolls

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Servings: 4

Involtini Di Pollo E Prosciutto alla Salvia

8 ounces spinach fettucine/linguine/spaghetti, cooked as directed, drained

1/3 cup fine dry breadcrumbs

1/3 cup carrots, finely shredded

2 tablespoons water, 2

2 tablespoons pine nuts

1/2 tablespoon dried sage leaves

4 large (1.5 lbs total) chicken breast, no skin, no bone, R-T-C, rinsed

4 slices prosciutto, sliced thin

1 tablespoon olive oil

1 jar (26 oz) Tomato Alfredo pasta sauce

For filling, in small bowl, combine bread crumbs, carrot, water, pine nuts and sage; set aside.

Place each chicken breast half, boned side up, between 2 pieces of plastic wrap.

With flat side of mallet and working from center to edgesw, pound lightly to form 1/8-inch-thick rectangle. Remove plastic wrap.

For each chicken roll, lay a prosciutto slice on top of a chicken breast; top with about 2 rounded tablespoons filling. Roll up from short side. Secure with wooden toothpicks or tie with 100% cotton string.

In large skillet, over medium high heat, cook chicken rolls in oil until browned on all sides; pour off fat.

Add pasta sauce to skillet. Bring to a boil; reduce heat.

Cover; simmer about 15 minutes or until chicken is fully cooked.

Remove toothpicks or string.

Serving Ideas: Serve over hot pasta.

Per Serving (excluding unknown items): 815 Calories; 31g Fat (35.5% calories from fat); 118g Protein; 9g Carbohydrate; 1g Dietary Fiber; 303mg Cholesterol; 6319mg Sodium. Exchanges: 1/2 Grain(Starch); 16 1/2 Lean Meat; 0 Vegetable; 1 Fat.