

## Chicken

---

# Sage & Prosciutto Chicken Saltimbocca

Trisha Kruse - Boise, ID

Taste of Home Magazine - April/May 2012

**Servings: 4**

**Start to Finish Time: 25 minutes**

**1/2 cup plus 2 teaspoons all-purpose flour, divided**  
**4 (six ounce each) boneless/ skinless chicken breast halves**  
**1/2 teaspoon salt**  
**1/4 teaspoon pepper**  
**8 fresh sage leaves**  
**8 thin slices prosciutto OR deli ham**  
**2 tablespoons olive oil**  
**1 tablespoon butter**  
**1/2 cup chicken broth**  
**2 tablespoons lemon juice**  
**2 tablespoons white wine or additional chicken broth**  
**lemon slices (optional)**  
**additional fresh sage (optional)**

Place 1/2 cup of the flour in a shallow bowl. Set aside.

Flatten the chicken to 1/4-inch thickness. Sprinkle both sides with salt and pepper. Top each half with two sage leaves and two slices prosciutto, pressing to adhere. Dip the chicken breast bottoms in flour to lightly coat.

In a large skillet, heat the oil and butter over medium heat. Cook the chicken for 3 to 4 minutes on each side or until lightly browned and a thermometer reads 170 degrees. Remove and keep warm.

In a small bowl, whisk the chicken broth, lemon juice, wine and remaining flour. Add to the skillet, stirring to loosen the browned bits from the pan.

Bring to a boil. Cook and stir for 1 minute or until thickened. Spoon over the chicken.

Top the chicken with lemon and sage, if desired.

---

Per Serving (excluding unknown items): 149 Calories; 10g Fat (59.8% calories from fat); 2g Protein; 13g Carbohydrate; trace Dietary Fiber; 8mg Cholesterol; 392mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Fruit; 2 Fat.