

Chicken Saltimbocca

Literally translated, 'saltimbucca' is Italian for 'jumps in the mouth' and once you try this dish you'll know why! While simplistic, requiring very few ingredients, it's simply divine and in no time flat, it's devoured by all that have the good fortune of finding a plate in front of them to eat!

Ingredients: (To serve 4)

4 x 6 oz. chicken cutlets, (or 2 large chicken breasts, butterflied and separated into 2 thinner breasts)

½ tsp black pepper

Pinch of freshly ground sea salt, (use sparingly)

12-16 fresh sage leaves

4 slices prosciutto, cut in half lengthwise

1 and ½ Tbsp. olive oil

1 c. dry white wine (or Marsala, your choice)

1 c. low sodium chicken broth

½ stick cold butter cut into pieces

If cutlets or chicken breast halves are thick, place between two sheets of waxed paper and pound using flat side of meat mallet, your fists or a rolling pin to approximately ¼ - ½ inch thickness. Sprinkle with freshly ground black pepper and very sparingly with ground sea salt. (Prosciutto adds saltiness too). Place 3-4 sage leaves on top of each chicken piece and wrap slices of prosciutto around each piece to secure sage leaves.

Heat 1 and ½ Tbsp olive oil in a large skillet over medium heat. Add cutlets, sage side down. Cook until golden and cooked through about 2 minutes per side. Transfer cutlets to a plate and tent with foil to keep warm while you prepare the sauce.

Add 1 cup dry white wine, (or Marsala if using, which makes a sweeter sauce), to skillet and bring to a gentle boil, scraping up all those flavourful brown bits in skillet. After about a minute,

add in 1 cup no sodium added chicken broth. Bring to a simmering boil over medium low heat and let sauce reduce for 4-5 minutes. Remove from heat and swirl or whisk in pieces of butter. Allow butter to melt and sauce to become creamy. Plate chicken cutlets and spoon about 2 Tbsp of sauce over each cutlet and serve. Enjoy!

Kim's Cookology