

Chicken Saltimbocca with Sage Pesto

March, 2001 "deliciousliving"

Serves 4 / Saltimbocca literally means "jump into the mouth," an apt description for this flavorful Italian entrée.

4 4-ounce boneless, skinless chicken breasts, pounded to 1/2-inch thickness
4 very thin slices prosciutto or lean ham
1/2 cup breadcrumbs
1 tablespoon freshly chopped parsley
2 tablespoons freshly grated Parmesan cheese
2 egg whites, lightly beaten
1/4 cup unbleached all-purpose flour

Sage Pesto

1/2 cup fresh sage
1/2 tablespoon pine nuts
1 small clove garlic
1/4 teaspoon salt
1/8 teaspoon freshly ground black pepper
1/2 tablespoon extra-virgin olive oil
1 tablespoon freshly grated Parmesan cheese

1. Preheat oven to 350°. In food processor, blend sage, pine nuts, garlic, salt and pepper; add olive oil and process until smooth. Stir in 1 tablespoon Parmesan cheese.
2. Spread thin layer of sage pesto on each chicken breast. Top with 1 thin slice prosciutto per breast. Roll, and secure with wooden toothpicks.
3. Combine breadcrumbs with parsley and 2 tablespoons Parmesan cheese. In 3 separate shallow bowls, place breadcrumb mixture, egg whites and flour. Dip rolled breasts in flour mixture and shake to remove excess. Dip in egg whites, then in breadcrumb mixture to coat.

4. Place chicken in shallow baking dish coated with cooking spray. Bake 40 minutes, until tender. Remove picks and serve.

Calories 299, Fat 8, Perfat 24, Cholesterol 81, Carbo 17, Protein 39, Fiber N/A, Sodium N/A

***Courtesy of Dr. Catherine Hebert
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