

# table *for* two

## CHICKEN: ITALIAN STYLE

It can be risky tampering with classic dishes, but this twist on Italian saltimbocca [sahl-tihm-BOH-kuh] doesn't mess with flavors much. It just casts ingredients in different roles.

Veal is traditional in saltimbocca, where it's usually pounded out and layered with sage leaves and prosciutto. Chicken breasts make

a good substitute, but here they are cheese-stuffed and prosciutto-wrapped—no flattening required! Fresh sage shows up in the simple sauce, which is made in the same pan the chicken is sauteed in.

Arugula gives the pasta side dish a peppery bite, but if spinach is easier to find, feel free to use it instead.



## SALTIMBOCCA CHICKEN BREASTS WITH SAGE SAUCE AND CREAMY ARUGULA PASTA

MAKES 2 CHICKEN BREAST HALVES AND 2½ CUPS PASTA

TOTAL TIME: ABOUT 30 MINUTES

FOR THE CHICKEN—

**SEASON AND STUFF; WRAP IN:**

- 2 boneless, skinless chicken breast halves (6–8 oz. each)
- Ground black pepper
- 2 oz. provolone cheese, cut into two sticks
- 4 slices prosciutto, divided

**SAUTE IN:**

- 1 t. olive oil
- 1 t. butter

FOR THE PASTA—

**COOK; TOSS WITH:**

- 4 oz. angel hair pasta
- 3 T. heavy cream

- 2 T. Parmesan cheese, grated
- 1 egg yolk
- 1 t. lemon zest, minced
- Pinch of red pepper flakes
- Salt and pepper to taste

- 1 cup arugula, torn

FOR THE SAUCE—

**SAUTE IN 1 TEASPOON BUTTER:**

- 1 T. shallots, minced

**DEGLAZE WITH; ADD AND SIMMER:**

- ¼ cup dry white wine
- ⅓ cup chicken broth
- Juice of ½ a lemon

**FINISH WITH:**

- 2 T. butter, softened
- 1 t. minced fresh sage leaves

Preheat oven to 400°; bring a pot of salted water to a boil for cooking the pasta.

**Season** chicken with pepper, then stuff with cheese as shown in the photo at right. Wrap each breast in two overlapping slices of prosciutto.

**Saute** chicken in oil and butter in a nonstick skillet over medium-high heat. Cook, turning to brown all sides, 6–8 minutes total. Place chicken on a rack set on a baking sheet and transfer to the oven for about 5 minutes to finish. Remove and let chicken rest 5 minutes before serving.

**Cook** pasta in boiling water for 4 minutes while chicken is in the oven. In a bowl, whisk together the cream, Parmesan, egg yolk, zest, and seasonings; top with arugula. Drain the pasta, add it to the bowl, and toss to coat pasta and wilt the greens.

**Saute** shallots for the sauce in butter over medium-high heat using the same skillet the chicken was browned in. Cook until shallots are soft, 1 minute.

**Deglaze with** wine; simmer over high heat until nearly evaporated. Add broth and lemon juice; simmer until reduced by half, 3 min.

**Finish** sauce with butter and sage. To serve, divide pasta between two plates, place chicken alongside pasta, then drizzle with sauce.

Per serving: 1027 calories; 57% calories from fat; 65g total fat; 48g carb.; 1228mg sodium; 2g fiber; 62g protein



▲ Cut a slit in each seasoned chicken breast (do not slice through).<sup>1</sup> Place cheese inside slit, then wrap snugly in overlapping slices of prosciutto.



▲ Turn chicken frequently while sauteing to brown all the way around.



▲ Add drained hot pasta on top of the greens to wilt them quickly.



▲ Swirl butter and sage into sauce—do not boil or sauce will separate.