

Chicken Breast Sauté with Prosciutto, Mushrooms and Basil

A good way to make chicken breast moist and elegant.

Author: Phillis Carey, cooking instructor



Do NOT use a nonstick pan for the browning process as you'll never develop the browned, caramelized flavor that is necessary for this dish.

Servings: 6

Preparation Time: 30 minutes

Start to Finish Time: 45 minutes

1. Trim chicken breasts of any noticeable fat, then pound them to an even depth, about 1/2 inch. Don't pound the narrow, thin end. Season well with salt and pepper. Heat a large skillet and add 2 T. butter. Dredge chicken in flour and add to skillet. Cook for about 2 minutes per side to brown lightly, but do not cook through. Transfer chicken to a plate.

2. Add remaining 2 T. butter to the skillet and sauté the prosciutto for a few minutes. Separate the pieces so they don't stick together. Add minced garlic and cook for about 1 minute. Add mushrooms and cook until almost all the liquid evaporates and the mushrooms have begun to brown. Add wine, bring to a boil, scraping up any brown bits from the bottom of the pan. Add chicken broth and bring to a simmer, then add reserved chicken breasts and cook for about 7 minutes, turning them once. Add tomatoes to just heat through. Transfer chicken pieces to serving plates. Stir basil into the sauce and just barely bring to a boil. Spoon sauce on top of chicken. Top with grated Parmesan and serve.

6 pieces boned and skinned chicken breast halves, skinless halves
4 Tablespoons unsalted butter
3/4 cup flour
2 cloves garlic, minced
1/2 cup prosciutto, chopped or shredded, or bacon
1 pound mushrooms, sliced
1 cup vermouth
1 cup chicken broth
6 tablespoons fresh basil, sliced
1/2 cup Parmesan cheese, grated
1 cup fresh tomatoes, chopped, optional

Serving Ideas: The author suggested serving this with linguine tossed with garlic, olive oil, pine nuts, butter and Parmesan cheese.

Per Serving (excluding unknown items): 414 Calories; 13g Fat (33.8% calories from fat); 40g Protein; 20g Carbohydrate; 2g Dietary Fiber; 108mg Cholesterol; 856mg Sodium. Exchanges: 1 Grain(Starch); 5 Lean Meat; 1 Vegetable; 1 1/2 Fat.