

Chicken Saltimbocca

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-living-chicken-breasts-saltimboca-recipe>

Ingredients:

- 4 boneless skinless chicken breast halves each about 6 oz., lightly pounded to an even thickness
- freshly ground pepper Salt and, to taste
- 1/3 cup all purpose flour
- 2 tablespoons unsalted butter
- 1 tablespoon extra virgin olive oil
- 2 teaspoons chopped fresh sage or 1 tsp. dried sage, plus 4 sage leaves for garnish, optional
- 2 slices prosciutto not paper-thin, trimmed to fit chicken breasts
- chicken breasts
- 1/4 pound fresh mozzarella cheese
- 3/4 cup dry white wine such as Pinot Grigio or Sauvignon Blanc

Nutrition:

1. Calories: 470 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 185 milligrams
4. Fat: 18 grams
5. Fiber: 1 grams
6. Protein: 57 grams
7. SaturatedFat: 7 grams
8. Sodium: 410 milligrams

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