

Chicken alla Romana

Courtesy of Carole's Creations

Prep Time: 15 minutes

Cooking Time: 32 minutes

Serves: 4

CChints: You can get prosciutto ham packaged in your supermarket deli. When cooking with wine, use one that you would also drink. A wine that you wouldn't drink would not taste good in a recipe either.

To remove the leaves from fresh thyme, simply hold the tip of a stem and run your fingers down the stem backwards and the leaves will come off.



4 servings of whole grain or brown rice or whole wheat pasta

4 bone-less skinless chicken breasts

1 teaspoon salt, divided

1/2 teaspoon pepper, divided

1/4 cup olive oil, divided

1 red bell pepper, cut into thin slices

1-1/2 ounces prosciutto, chopped

2 gloves minced garlic, fresh or from a jar

1/2 cup white wine

15 ounce can diced tomatoes

1/2 cup chicken broth

1 yellow squash, sliced into thin slices

1 tablespoon fresh thyme, diced

1 tablespoon fresh oregano, diced

1 pound of asparagus, ends trimmed

2 tablespoons capers, rinsed

1 tablespoon unsalted butter, room temperature

Serve with Garlic toast

Determine what kind of rice or pasta you are going to use and following the cooking directions on the packaging. Try to time it so that it is done with the chicken dish is done.

Rinse chicken, pat dry and lay on a plate. Roll out about 18 inches of plastic wrap on your work surface. You can leave each chicken breast whole or cut them in half before pounding.

Lay a piece about 3 inches from one end of the plastic wrap and fold the other end over. With a flat surface meat mallet or heavy skillet, pound each piece about 1/2 inch thick and return it to the plate. When you are done, sprinkle all with half of the salt and pepper on both sides.

Using a large non-stick skillet, heat 2 tablespoons olive oil over medium heat. When the oil is hot, add the chicken to the pan and brown for 3 minutes on each side, remove from the pan so you can start the sauce. Use the chicken cooking time to wash all surfaces that came in contact with the chicken. You can also use this time to finish any prep work.

Turn the heat down slightly and add 2 tablespoons of oil. Add the peppers and prosciutto and stir occasionally for about 5 minutes until the ham begins to brown. Add the garlic for 1 minute and then slowly add the wine to the pan, scraping up the brown bits off the bottom of the pan. Cook for 1 minute and add the tomatoes through the asparagus. Return the chicken to the pan, cover and let simmer for 8-10 minutes until the chicken is cooked.

Remove from the heat and add the capers and butter. Remove the asparagus from the pan and put in a serving bowl or on individual plates. Add the rice or pasta and serve the chicken on top. Spoon the sauce over the top and enjoy.