

Chicken with Walnut Spinach Pesto

Courtesy of Carole's Creations

Prep Time: 20 minutes

Cooking Time: 8 minutes

Serves: 4

CChints: Pesto is traditionally made with pine nuts but we like walnuts with spinach and it makes a lovely pesto combination. A zester is a good kitchen gadget buy. You'll find that you use it often after you taste the difference that a little lemon, lime or orange zest can make in a recipe. Asiago cheese has its own unique flavor which is similar to Parmesan.



2 cups lightly packed fresh spinach
1/4 cup lightly packed basil leaves
1 garlic clove, chopped
1/3 cup walnuts
1 teaspoons lemon zest
1-1/2 tablespoons fresh lemon juice
1/4 cup extra virgin olive oil plus 1-1/2 tablespoons
1 teaspoon salt, divided
1/2 teaspoon black pepper, divided
2-3 large boneless, skinless chicken breasts, cut in half
1 teaspoon salt, divided
1/3 to 1/2 cup freshly grated Asiago cheese
Serve with a side vegetable, sliced tomatoes of your choice

Check the recipe for the type of potato or pasta and see how long it will take. The pesto and chicken will take about 20-25 minutes. Time it so this part of the meal is done when the chicken has finished cooking.

Make the pesto next and let it set aside to allow the flavors to blend while you keep cooking. Add the spinach through lemon juice to a food processor and pulse several times. With the machine on, slowly pour in 1/3 cup oil until the mixture is smooth. Add half of the salt and pepper and transfer to a bowl while you prepare your side dish and the chicken.

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.

Heat the 1-1/2 tablespoons of olive oil over medium heat in a large nonstick skillet. When the oil is hot, add the chicken to the pan and brown for 4 minutes on the first side and 3 minutes on the other side, or until done. Transfer to a chicken to a serving platter or dinner plates. Add some pesto to each piece of hot chicken and your side item and sprinkle with the cheese. Enjoy.