

Lemon Chicken and Ricotta

Courtesy of Carole's Creations

Prep Time: 20 minutes

Cooking Time: minutes

Serves: 4

CChints: Lemon is the accent for this dish that has some of the components of lasagna without the casserole dish. You can roast your own red bell peppers but a quick substitute is to buy them already roasted and in a jar on the pickle aisle of your market. Leftovers can be refrigerated and used in other recipes. Each plate is served with 2 pieces of pasta but a low carb version would be list at the bottom of the recipe.



- 4 boneless skinless chicken breasts
- Salt and pepper
- 1 lemon, zest and the juice
- 1 cup low moisture ricotta cheese
- 8 no-boil lasagna noodles
- 5 teaspoons olive oil, divided
- 1/4 cup dry white wine
- 1/2 cup chopped Kalamata olives
- 2 roasted red bell peppers, chopped (from a jar for quick preparation)
- 2 gloves minced garlic, fresh or from a jar
- 1 teaspoon chopped fresh rosemary
- 2 teaspoons chopped fresh thyme leaves and extra to garnish
- 2/3 cup freshly shredded Asiago cheese

Rinse chicken, pat dry and lay on a plate. Roll out about 20 inches of plastic wrap on your work surface. 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. Cut each in half if they are too large and sprinkle all with a little salt and a dash of pepper on both sides. Sprinkle the half of the lemon zest over one side. You may have so many chicken pieces to cook and you don't want to crowd them during the cooking process. So this recipe is written so you cook them in 2 batches.

Use a zester or microplane to zest half of the lemon into a tiny bowl. It will be easier to zest whole, then cut it in half and juice half of it into another tiny bowl. Put 1 cup of ricotta cheese in a microwave safe container, stir in the lemon juice and add a pinch of salt. Set aside for now.

You will need 2 large pieces of waxed paper and an area large enough to lay the noodles out flat. One piece is to lay the noodles on and the other is the cover them up after cooking. In a large pot enough water to be 4 inches deep. Add 1 teaspoon of oil and the noodles. Cover and cook for 6 minutes or until they are tender. Very carefully lift out one noodle at a time, being careful not to tear them. Lay the noodles out on the waxed paper in a single layer. Cover with the other piece and let them rest while you prepare the rest of the dinner.

Heat 2 teaspoons of oil in a large nonstick skillet over medium heat and locate a container with a cover to put the chicken in when it is done.

Add half of the chicken to the skillet and cover. Cook for 3 minutes and do not move the chicken during this time. After 3 minutes turn them over and cook for 3 more minutes until the chicken is done. Transfer them to a container to keep warm.

Leave the juices in the pan and add more oil if needed. Add the rest of the chicken to the pan and cook in the same manner. Transfer this batch to a container to keep warm.

In the same pan, reduce the heat slightly and slowly pour in the wine and stir for 30 seconds. Then add the olives, peppers and herbs and cook for another 2 minutes until they are done. Cover the skillet and remove it from the heat.

Microwave the ricotta cheese for 25 seconds and give it stir. Cover and microwave for another 15 seconds.

Lay a sheet of pasta on each plate. Divide the ricotta evenly and put a scoop in the center of each pasta sheet. Top with another piece of pasta and light press down to spread out the cheese. Add 2 pieces of chicken and sprinkle with olive mixture and cheese.

Low Carb version or smaller portion: Put one piece of pasta on the plate and put a scoop of the cheese mixture on one half. Fold the other half over the top and press down slightly. Top with a piece of chicken and sprinkle with olive mixture and cheese.