

The Friday 4

4
FRESH
IDEAS
YOU
CAN
ENJOY
IN
4
MINUTES
OR
LESS



1 Quick Recipe: Easy and Impressive Entree for a for Dinner this Weekend!

Easy Herbed Chicken Saltimbocca

2 TBs Minced Fresh Rosemary, Plus More for Garnish

1 TB Minced Fresh Sage, Plus More for Garnish

1 Tsp Fresh Thyme, Plus More for Garnish

4 Boneless Skinless Chicken Breasts cut in half horizontally to make thin filets

8 Slices Thinly Sliced Prosciutto
2 TB Olive, Grapeseed or Canola Oil
Sea Salt and Freshly Cracked Black Pepper to Taste

1 Cup Verdejo (or other crisp white wine like Pinot Grigio)

2 TB Lemon Juice
Kitchen Twine

Step One Lay the chicken breasts out on a cutting board. Sprinkle with the rosemary, sage and thyme.

Cover each breast with a slice of Prosciutto. Roll up each breast tightly and tie with kitchen twine. Season with salt and pepper.

Step Two Heat the oil in a large sauté pan over medium high. Place the chicken in the skillet and sauté until golden brown. Add the wine and lemon juice, cover and simmer on low for 20 -30 minutes or until done. Serve on roasted herbed veggies ([recipe here](#)) polenta or rice.

2 Kitchen Smidgen

What's a saltimbocca? The Italian word means "jumps in your mouth"

Its definitely Verdejo season! What's that you ask? Its any season that we enjoy crisp salads, light fish dishes, veggies and chicken full of herbaceous flavors. If you are a fan of Pinot Grigio, you'll notice acidity and fruit forward flavor like the Pinot - but Verdejo is rounder and more mouth filling, and lots more aromatic!

and it refers to a classic Italian recipe of thinly sliced veal that is layered with prosciutto and then rolled and cooked with wine and herbs. We're substituting chicken for the veal in this recipe, but otherwise it uses the same ideas as the original!

3 Get Creative

I use Kitchen Twine to create lots of different recipes. I use it to roll up chicken like in this recipe, a white fish filet filled with pesto, a pork tenderloin with mushrooms or to create a beef Braciolo - called Involutini in Italy - that is flank steak stuffed with onions, garlic, herbs and veggies. In Germany, this type of rolled meat or poultry is called Roulade. In other parts of Europe, rolled, stuffed and tied meat is called a "Bird" whether or not is made with Poultry!

4 WINE FIND of the Week

Naia Verdejo
Rueda Spain

Total Wine about \$16.00