

Chicken Breasts with Emmental & Arugula

Adapted slightly from a Tarla Fallgatter recipe, 2002



6 boneless skinless chicken breast halves, pounded to an even 1/4 inch thickness

2 cups baby arugula

8 ounces gruyere cheese, or Emmental, cut into 6 2-inch long strips

1/2 cup all-purpose flour

1 teaspoon Mediterranean herbs, or herb blend of your choice

SAUCE:

3 tablespoons olive oil

1/4 cup shallots, peeled and minced

2 tablespoons garlic, minced

Salt and freshly ground black pepper to taste

1/2 teaspoon red chili flakes

3/4 cup dry white wine, or red wine

3/4 cup low-sodium chicken broth

2 tablespoons unsalted butter, at room temperature

1 teaspoon fresh lemon juice

1 teaspoon honey

1/2 cup fresh basil, thinly sliced (divided use)

Per Serving (excluding unknown items): 457 Calories; 25g Fat (50.9% calories from fat); 42g Protein; 12g Carbohydrate; 1g Dietary Fiber; 120mg Cholesterol; 214mg Sodium. Exchanges: 1/2 Grain(Starch); 5 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 3 1/2 Fat; 0 Other Carbohydrates.

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Servings: 6

1. Preheat oven to 350°.

2. SAUCE: In a large sauté pan, heat the oil over medium heat. Sauté the shallot, with the salt and pepper, for about 5 minutes until translucent. Add the garlic and continue cooking another 30 seconds, then add white wine, honey and broth and let bubble for another 5-8 minutes until reduced by half. Add red chile flakes. Lower heat to below a simmer and add the unsalted butter a tablespoon at a time without letting the sauce boil at all, then add half the basil. Use remaining basil to garnish the chicken.

3. CHICKEN: To prepare the chicken, place each chicken breast half between 2 sheets of heavy-duty plastic wrap; pound to 1/4 inch thickness using a meat mallet or rolling pin. Discard plastic wrap. Top each chicken breast half with 1 slice cheese (or two small strips), and 1/4 cup arugula, leaving a 1/4-inch border around edges. Fold in half, pinching edges together to seal; sprinkle with salt and pepper. (The chicken can be prepared up to a day ahead, covered and refrigerated at this point.)

3. Dredge chicken in flour, shaking off excess. Heat oil in a large nonstick skillet (one that's heat-proof to 350° oven temp) over medium-high heat. Add chicken; cook 5 minutes on each side. Place chicken in a shallow baking pan; bake for 5 minutes or until done and internal temperature reaches 160°F. Do not insert thermometer into the cheese. Keep warm.

4. To serve, place chicken on a cutting board and cut into 1-inch slices. then place chicken onto a heated platter or individual plates and drizzle with sauce and sprinkle basil on top. Serve immediately.