

Baked Prosciutto Wrapped Chicken with Creamy Tomato Sauce

From a Phillis Carey cooking class, Sept. 2011



An EASY entree, can make one day ahead too.

4 pieces boneless skinless chicken breast halves, tenders removed

Freshly ground black pepper to taste (no salt)

2 ounces prosciutto (one slice per breast is all you need)

1 cup marinara sauce, your choice bottled, with minimal sugar

3/4 cup heavy cream (see note about using evaporated milk)

1/4 cup vodka, optional

1 clove garlic, minced

1 pinch red pepper flakes

2 tablespoons fresh basil, chopped

Serving Ideas: Serve with a small mound of buttered pasta on the side. This doesn't need or want a fancy carb - do make it pasta, though, to stick with the Italian theme.

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>

Servings: 4

Do read the label of the marinara sauce - use one with less sugar. Tomatoes have a lot of natural sugar, but you would prefer any added sugar to be way down the list of ingredients. Look at the carbohydrate count on the nutrition label - and look at the sugar there - choose one that has a lower sugar count per serving. If you don't want to use heavy cream, Phillis said you can make this using skimmed evaporated milk instead. It won't break down during baking.

1. Preheat oven to 400°. If you have a CONVECTION/BAKE setting, use it. Trim chicken and pound the thicker end to 1/2 inch thickness. Season chicken with pepper and wrap a slice of prosciutto around the center of each breast. Arrange chicken in a greased, shallow baking dish just large enough to hold the breasts without crowding them.
2. Stir together the marinara sauce, cream, vodka (if using) and red pepper flakes. Pour sauce over chicken. (At this point you may cool, cover and chill overnight; remove 30 minutes before you're ready to bake it.) Bake for 20-25 minutes, or until chicken is cooked through. Sprinkle the fresh basil over the top of each piece and serve.

Per Serving (excluding unknown items): 381 Calories; 20g Fat (53.6% calories from fat); 33g Protein; 7g Carbohydrate; 1g Dietary Fiber; 140mg Cholesterol; 733mg Sodium. Exchanges: 1/2 Grain(Starch); 4 1/2 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 3 1/2 Fat.