

"Foods from around the world"

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## Mozzarella and prosciutto stuffed chicken breast

### Ingredients:

- 3 whole chicken breasts, skinned, boned and halved
- 6 slices prosciutto
- 6 slices mozzarella cheese
- 2 cups fresh tomato sauce
- 1 cup white wine
- 1/4 cup olive oil
- 1/4 cup fresh chopped parsley
- 2 tsp oregano
- 1/2 tsp thyme
- Salt and pepper to taste

### Directions

- 1) Put the halved chicken breasts between 2 sheets of wax paper and flatten them until they are 1/2 inch thick
- 2) Arrange the breasts. Skin side down and sprinkle them with salt and pepper. On each half put 2 slices of prosciutto and 2 slices of mozzarella cheese.
- 3) Turn sides of breasts over the filling, roll them and secure ends with picks.
- 4) Dust the breasts with flour seasoned with salt and pepper, brown on all sides with hot olive oil over moderately high heat.
- 5) Transfer the chicken breast to an ovenproof dish.
- 6) Remove the oil from the pan and add wine, reduce the wine over high heat, scooping the brown bits that cling to the bottom of the pan, for a minute, this process is called glazing.
- 7) Add fresh tomato sauce, oregano, thyme, salt and pepper to taste.
- 8) Simmer for 2 minutes, pour the sauce over the chicken breast and bake in a preheated oven at 350 degrees for 15 minutes. Garnish with fresh chopped parsley.
- 9) Serve with a side of fresh steamed veggies and buttermilk mashed potatoes