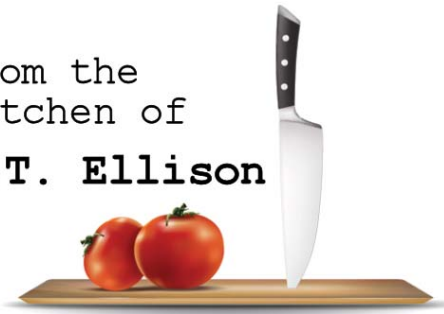


From the
kitchen of

J.T. Ellison



Ingredients:

- ✓ 4 boneless, skinless chicken breasts
- ✓ salt and pepper, to taste
- ✓ ¼ cup mayonnaise (*stay with me, people, I speak truth here*)
- ✓ 2 tablespoons sun-dried tomatoes, minced
- ✓ 2 tablespoons fresh basil, minced (1 tablespoon dried will work in a pinch)
- ✓ 8 slices prosciutto
- ✓ 1 tablespoon olive oil

Prosciutto-Wrapped Chicken with Basil & Sun-Dried Tomatoes

Still have basil in your garden? I've got a delicious recipe that'll help you use up the last of it. For all of you who are in the white-meat-only, *no bones, please* camp of poultry like moi, you'll enjoy this recipe. And those of you who have trouble keeping a boneless, skinless chicken breast moist, saddle up—the secret ingredient makes this hard-to-cook cut a little more forgiving (thankfully).

Directions:

- Preheat oven to 425°F, and position oven rack in middle of the oven.
- Line a 9x13 pan with aluminum foil, and set aside.
- Pat the chicken breasts with paper towels, and pound them until they're ¼-inch thick. (Pro tip: place the chicken on top of a piece of plastic wrap, and top with another piece of plastic wrap before you go to town on the pounding. Zip-top bags also work to keep messiness in, too!)
- Sprinkle both sides of the chicken with salt and pepper, and place the breasts skin-side down. Set aside.
- In a small bowl, mixed the mayonnaise, sun-dried tomatoes, and basil. The mayo will keep this super moist and succulent (and if you're mayo-averse, I hear you—but you won't be able to taste it in the final product, I promise!).
- Divide the now-zesty mayo into four portions, and add a dollop to each flattened chicken breast.
- Spread the mayonnaise over the chicken, leaving a ½-inch edge on each. Carefully roll each breast to form a cylinder. Wrap two pieces of prosciutto around each breast, and place on the pan seam-side down (secure each end with a toothpick, if you'd like). Brush each with olive oil.
- Bake in the oven for 35 minutes, or until cooked completely through. Slice for a beautiful presentation, and enjoy! (You could even serve with warm marinara, mmm . . .

As seen in J.T. Ellison's newsletter. For more recipes, visit JTEllison.com.
Want a wine to go with your recipe? Check out J.T.'s wine blog,
The Wine Vixen, at TheWineVixen.com.

