

Chicken Breasts Saltimbocca with Couscous and Cherry Tomato Vinaigrette

8	8	6oz chicken breast halves, boned and skinned
16	16	fresh sage leaves
6	6	pieces prosciutto, thinly sliced
3 tbsp	45 mL	olive oil
4	4	shallots, finely minced
3	3	cloves garlic, finely minced
2 ½ cups	625 mL	chicken stock
2 cups	500 mL	couscous
4 tbsp	60 mL	chopped fresh herbs for garnish: Italian parsley, chives and/or basil

Method:

1. Place chicken breasts topside down and arrange 2 sage leaves in the center of each breast. Wrap a slice of prosciutto around each breast, overlapping the ends and securing with a toothpick.
2. Heat oil in a large sauté pan over medium heat. Add the chicken breasts and cook through, 12 -15 minutes, turning to brown evenly on both sides. When done, remove to baking dish and cover with foil to keep warm.
3. Sauté shallots in the same pan over medium heat until softened and golden, 3 to 5 minutes. Add the stock and bring to a boil. Add the couscous, cover, and remove from heat. Let pan sit for five minutes. Fluff couscous with a fork, add fresh herbs and season with salt and pepper.
4. Divide couscous among plates, top with chicken and serve.

Serves 8

Cherry Tomato Vinaigrette

¼ cup	50 mL	olive oil
½	½	package cherry tomatoes, sliced in half
1 tbsp	15 mL	red wine vinegar
		Salt and freshly ground black pepper

Method:

1. In a small sauce pan, heat the oil, add the tomatoes and bring to a boil, then simmer 2 minutes. Add vinegar and remove from the heat.
2. Season and serve hot or at room temperature.

Makes 4 servings