



Northeast Georgia Medical Center

BARIATRIC WEIGHT LOSS CENTER



Prosciutto Wrapped Chicken Breasts

Serving Size: 3-4oz

Ingredients:

- 1 lb chicken breasts (cut into 3-4oz pieces)
- 8 slices prosciutto
- 1 Tbsp Italian seasoning
- Non stick cooking spray



Northeast Georgia Medical Center
BARIATRIC WEIGHT LOSS CENTER

Steps:

1. Preheat oven to 425°F.
2. Pound chicken breasts with a mallet, so the chicken is even in width and will cook evenly.
3. Season chicken to taste with Italian seasoning.
4. Wrap one slice of prosciutto around each piece of chicken breast.
5. Heat a large skillet slightly higher than medium heat and spray with non-stick cooking spray.
6. Sear prosciutto wrapped chicken for 2 minutes on each side.
7. Transfer the pieces of chicken to a baking sheet and bake for 15-20 minutes or until chicken is fully cooked.

Nutrition Facts (per serving):

Calories: 234, Protein: 27g, Fat: 14g, Carbohydrates: 0g, Sugars: 0g

Recipe adapted from: <https://www.obesityhelp.com/articles/easy-20-minute-prosciutto-wrapped-chicken-recipe/>