Chicken, Comfort Food, Main Dish

Proscuitto Wrapped Chicken with Chard

Chef Laura Bonicelli

Servings: 4

Juicy chicken wrapped in prosciutto and served with colorful and orange-flavored chard. This is rustic Italian cooking at it's best! My favorite way to serve this is over creamy polenta.

8 skinless boneless chicken thighs
Kosher salt and freshly ground black pepper
8 slices prosciutto, thinly sliced
2 tablespoons extra-virgin olive oil
1 orange
1 clove garlic, finely chopped
1 1/2 pounds Swiss chard, roughly chopped
2 tablespoons pine nuts

1. Season the chicken with salt and pepper and wrap with prosciutto slice.Heat olive oil in a large high-sided skillet or Dutch oven over medium-high heat and brown wrapped chicken well on all sides until proscuitto is crisp. Remove chicken from pan and set aside. The chicken will not be cooked through. Leave the drippings in the pan.

2. Take a 1' slice of peel from all the way around the orange. Avoid taking any of the white pith. Slice the peel into very thin slices. Set aside. Juice the orange.

3. Reheat the skillet over medium heat, adding more oil if necessary. Add garlic and cook until softened, about 3 minutes. Add chard and orange peel. Cook until chard wilts, about 5 minutes. Season with salt and pepper.

4. Add the chicken to the skillet. Add the orange juice and pine nuts. Simmer covered over medium-low heat until chicken is cooked through and flavors combine--about 10 minutes.

5. Serve over creamy polenta or mashed potatoes.

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