



Oven Roasted Chicken Tenders Saltimbocca

READY IN



30 min.

SERVINGS



4

CALORIES



1156 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 cups arugula
- ☐ 2 tablespoons butter
- ☐ 1 quart chicken stock see
- ☐ 8 chicken tenderloins
- ☐ 1 package porcini mushrooms wild mixed dried
- ☐ 0.5 cup cooking wine dry white
- ☐ 2 large cloves garlic grated finely chopped
- ☐ 0.8 cup hazelnuts
- ☐ 0.5 juice of lemon juiced

- ☐ 4 wedges lemon
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 3 tablespoons olive oil extra-virgin plus a drizzle
- ☐ 1 medium onion finely chopped
- ☐ 0.8 cup parmigiano-reggiano
- ☐ 8 slices prosciutto di parma
- ☐ 8 leaves sage
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 1 pound pasta like spaghetti
- ☐ 2 cups water

Equipment

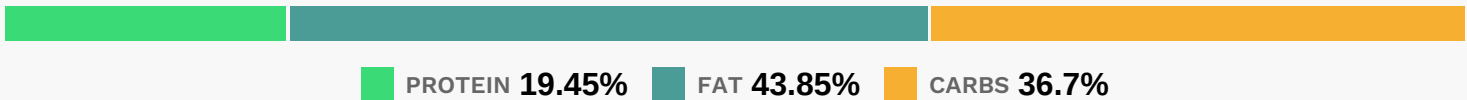
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ ladle
- ☐ baking paper
- ☐ oven
- ☐ pot
- ☐ kitchen towels
- ☐ skewers

Directions

- ☐ Preheat oven to 425 degrees F.
- ☐ Season chicken with salt and pepper, top each tender with 2 leaves of sage. Wrap each tender with a slice of ham. Coat the tenders liberally in olive oil, a couple of tablespoons.
- ☐ Arrange meat on baking sheet on parchment paper and bake until crispy and firm, 10 to 12 minutes.

- ☐ To serve, slice meat on bias and pile on Wild Mushroom Broken Spaghetti Risotto with Arugula and Hazelnuts.
- ☐ Alternatively, skewer the tenders and serve with lemon wedges on a plate as first or second course.
- ☐ Place mushrooms, stock and water in a sauce pot and heat, keep warm on low.
- ☐ Heat a medium saute pan or risotto pan with 3 tablespoons extra-virgin olive oil, 3 turns of the pan, over medium to medium-high heat.
- ☐ Add onions and garlic to pan, season with salt and pepper, to taste, and saute until tender 4 to 5 minutes.
- ☐ Add pasta and toast until deeply golden in color and very nutty in fragrance, 6 to 7 minutes. Stir in wine and let it cook away, 1 minute. Ladle in stock every few minutes, stirring for a good minute with each addition of stock to develop starches. Evaporate almost all of the liquid before each addition of stock. Pasta will cook up quicker than rice. Start tasting after about 8 to 9 minutes of cooking time once you begin to add stock. When you are down to the last cup of your liquids, remove mushrooms, chop and add to pasta.
- ☐ While the pasta cooks, toast hazelnuts in a skillet until fragrant. Peel nuts by rubbing the skins off in a clean kitchen towel.
- ☐ When pasta is cooked to al dente, stir butter into the pan then stir in the cheese.
- ☐ Dress arugula with lemon juice, a drizzle olive oil, and salt and pepper, to taste.
- ☐ Serve risotto in shallow bowls topped with greens and nuts.

Nutrition Facts



Properties

Glycemic Index:73.88, Glycemic Load:35.71, Inflammation Score:-9, Nutrition Score:39.96217347228%

Flavonoids

Cyanidin: 1.51mg, Cyanidin: 1.51mg, Cyanidin: 1.51mg, Cyanidin: 1.51mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.5mg, Catechin: 0.5mg, Catechin: 0.5mg, Catechin: 0.5mg Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Eriodictyol: 4.03mg, Eriodictyol: 4.03mg, Eriodictyol: 4.03mg, Eriodictyol: 4.03mg Hesperetin: 5.68mg, Hesperetin:

5.68mg, Hesperetin: 5.68mg, Hesperetin: 5.68mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 2.24mg, Isorhamnetin: 2.24mg, Isorhamnetin: 2.24mg, Isorhamnetin: 2.24mg Kaempferol: 7.17mg, Kaempferol: 7.17mg, Kaempferol: 7.17mg, Kaempferol: 7.17mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 7.42mg, Quercetin: 7.42mg, Quercetin: 7.42mg, Quercetin: 7.42mg

Nutrients (% of daily need)

Calories: 1156.28kcal (57.81%), Fat: 55.43g (85.28%), Saturated Fat: 13.9g (86.9%), Carbohydrates: 104.37g (34.79%), Net Carbohydrates: 97.17g (35.33%), Sugar: 10.33g (11.47%), Cholesterol: 109.46mg (36.49%), Sodium: 927.4mg (40.32%), Alcohol: 3.09g (100%), Alcohol %: 0.52% (100%), Protein: 55.32g (110.64%), Selenium: 117.55µg (167.93%), Manganese: 2.64mg (131.96%), Vitamin B3: 17.39mg (86.96%), Phosphorus: 738.47mg (73.85%), Vitamin B6: 1.34mg (67.04%), Copper: 1.2mg (60.01%), Vitamin E: 6.68mg (44.53%), Magnesium: 161.56mg (40.39%), Vitamin K: 37.54µg (35.76%), Potassium: 1250.56mg (35.73%), Calcium: 339.41mg (33.94%), Vitamin B1: 0.48mg (32.03%), Vitamin B2: 0.51mg (30.03%), Fiber: 7.21g (28.82%), Zinc: 4.01mg (26.75%), Vitamin B5: 2.54mg (25.41%), Iron: 4.31mg (23.93%), Vitamin C: 19.59mg (23.75%), Folate: 91.31µg (22.83%), Vitamin A: 848.9IU (16.98%), Vitamin B12: 0.52µg (8.61%), Vitamin D: 0.27µg (1.78%)