



Sauteed Chicken Breasts with Country Ham and Summer Succotash

READY IN



45 min.

SERVINGS



4

CALORIES



512 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup all purpose flour
- 4 slices country ham thin (each 6x3 inches)
- 1 cup corn kernels fresh (cut from 2 ears of corn)
- 4.5 teaspoons thyme leaves fresh divided
- 2 garlic cloves minced
- 4 ounces slender green beans trimmed cut into 3/4-inch pieces (1 cup)
- 5 tablespoons olive oil extra-virgin divided
- 1 cup onion chopped

- 1 bell pepper red cut into 1/3-inch dice
- 4 chicken breast halves boneless skinless
- 2 tablespoons whipping cream
- 2 small zucchini trimmed cut into 1/3-inch dice

Equipment

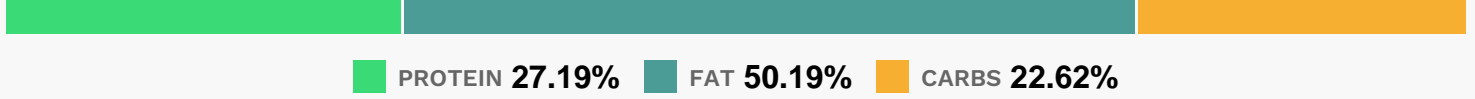
- frying pan
- plastic wrap
- rolling pin
- cutting board
- meat tenderizer

Directions

- Heat 1 tablespoon oil in large nonstick skillet over medium-high heat.
- Add onion; sauté until beginning to soften, 3 minutes.
- Add bell pepper, 1 1/2 teaspoons thyme, and garlic; sauté 1 minute.
- Add beans; sauté until just beginning to soften, about 3 minutes.
- Add zucchini; sauté until all vegetables are crisp-tender, 4 minutes longer. Stir in corn; remove from heat.
- Cover cutting board with large sheet of plastic wrap. Arrange chicken, smooth side up, on plastic wrap, spacing several inches apart.
- Sprinkle with remaining 3 teaspoons thyme, then pepper.
- Place 1 ham slice on each chicken breast, trimming so edges extend slightly over chicken.
- Place another sheet of plastic wrap atop chicken breasts. Using meat mallet or rolling pin, pound evenly to scant 1/2-inch thickness. Turn chicken over and sprinkle lightly with salt and pepper, then flour.
- Heat 2 tablespoons oil in each of 2 heavy large skillets over medium-high heat. Divide chicken between skillets, ham side up, and cook until edges of chicken begin to turn opaque, about 4 minutes. Turn chicken over and cook until cooked through, 4 minutes longer.
- Remove from heat; cover.

- Rewarm succotash over medium-high heat, stirring constantly.
- Mix in cream; season with salt and pepper.
- Transfer chicken to plates, ham side up. Spoon succotash alongside.

Nutrition Facts



Properties

Glycemic Index:67.5, Glycemic Load:10.81, Inflammation Score:-10, Nutrition Score:28.766087169233%

Flavonoids

Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 1.27mg, Luteolin: 1.27mg, Luteolin: 1.27mg, Luteolin: 1.27mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 9.38mg, Quercetin: 9.38mg, Quercetin: 9.38mg, Quercetin: 9.38mg

Nutrients (% of daily need)

Calories: 512.17kcal (25.61%), Fat: 28.9g (44.46%), Saturated Fat: 6.71g (41.92%), Carbohydrates: 29.3g (9.77%), Net Carbohydrates: 25.15g (9.15%), Sugar: 7.89g (8.77%), Cholesterol: 98.15mg (32.72%), Sodium: 481.23mg (20.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.23g (70.46%), Vitamin B3: 15.47mg (77.34%), Vitamin C: 63mg (76.36%), Selenium: 48.99µg (69.98%), Vitamin B6: 1.29mg (64.66%), Phosphorus: 407.92mg (40.79%), Vitamin B1: 0.51mg (33.95%), Vitamin A: 1564.85IU (31.3%), Potassium: 974.77mg (27.85%), Vitamin K: 27.53µg (26.22%), Manganese: 0.5mg (25.05%), Vitamin B2: 0.42mg (24.67%), Vitamin B5: 2.43mg (24.31%), Vitamin E: 3.61mg (24.04%), Folate: 95.34µg (23.83%), Magnesium: 81.33mg (20.33%), Fiber: 4.15g (16.61%), Iron: 2.82mg (15.67%), Zinc: 2.06mg (13.71%), Copper: 0.19mg (9.26%), Vitamin B12: 0.42µg (6.95%), Calcium: 58.84mg (5.88%), Vitamin D: 0.43µg (2.86%)