Chicken Breasts with Sage and Lemon

Description

Chicken Breasts cooked with lemon and fresh sage is a delicious way to sauté chicken and easy to prepare.

Summary

Yield: 2
Source: adapted from Rachel's Bite
Prep Time: 30 minutes
Category: Poultry
Cuisine: Italian

Ingredients

- 2 whole chicken breasts, sliced lengthwise in half
- 8 fresh sage leaves
- 4 tbsps extra virgin olive oil
- 1 tbsp unsalted butter
- 2 tbsps fresh squeezed lemon juice
- 1 lemon, wedge slices for garnish
- sea salt to taste
- fresh ground pepper to taste

Instructions

Slice the chicken breasts lengthwise in half. Marinate the chicken in the lemon juice and 2 tablespoons of olive oil with the sage leaves. Set aside at room temperature for 30 minutes.

Remove the chicken breasts from the marinade and pat dry. Remove the sage leaves from the marinade and set aside.

Met the butter in a large skillet over moderate-high heat. Add 2 tablespoons of olive oil and heat until bubbly. Add the chicken breasts and sauté on one side until browned, about 5 minutes. Turn chicken over and sprinkle sea salt and fresh ground pepper generously on the cooked side. Wrap the sage leaves around the chicken and continue to sauté until browned on the bottom, about 5 to 10 more minutes. Be careful not to burn the sage.

When done, remove the chicken breasts and place on a cutting board. Season the bottom side with sea salt and ground pepper. Slice the chicken breasts in 1/2 inch thick diagonal slices and place on a serving platter with the sage leaves draped over the chicken. Cover loosely with aluminum foil to keep warm.

Discard any excess fat from the skillet and heat over moderately high heat. Add the remaining marinade and scrape the brown bits from the pan. Reduce the sauce to a brown glaze, shouldn't take more than one minute. Pour the reduction over the chicken.

Garnish with lemon wedges to serve.