

PROSCIUTTO-WRAPPED CHICKEN BREASTS WITH PICKLED JALAPENOS

(from the Bewitching Kitchen)

4 chicken breasts
a little lemon juice
salt and pepper
8 prosciutto slices
reduced fat cream cheese (about 6 oz)
finely diced pickled jalapeños, amount to taste
finely minced kalamata olives (or sun-dried tomatoes)
olive oil for searing the outside

Pound the chicken breasts to make the meat uniform – if they are too thick, trim them a bit cutting lengthwise carefully before pounding. Squirt a little lemon juice over the pieces of meat, then season with salt and pepper. Reserve.

Mix the cream cheese with the jalapeños and kalamata olives. Season with a little salt if you like. Add a small amount on top of the meat, closer to one end. Roll the meat around the filling, lay the roll on top of two slices of prosciutto and roll as tightly as you can. Seal in a vacuum bag, and place in the sous-vide bath for 3 to 4 hours at 142F.

Remove from the bag, dry well and sear the outside quickly on a non-stick frying pan with a little olive oil. Serve right away.