



Chicken Saltimbocca
www.eatliveblog.com

Kind-of Chicken Saltimbocca

Ingredients

- 5 or 6 chicken cutlets
- Paprika
- [Adobo Seasoning](#) (or seasoning salt if you don't have Adobo)
- Pepper
- 4 oz Cream Cheese (I used reduced fat)
- 10 oz frozen spinach (thawed and squeezed of excess juice)
- 1 large garlic clove (peeled)
- 2 Tbsp Olive Oil
- Juice of 1 lemon
- 14oz Chicken Broth
- You will also need toothpicks (woods, not plastic)

Directions:

- In a food processor or blender, combine spinach, cream cheese and garlic clove
- Pulse until well mixed
- Sprinkle both sides of each chicken cutlet with paprika, Adobo and pepper (use your judgement in how much seasoning you like)
- Take 1 heaping tablespoon of spinach mixture and place it at the beginning of one long end of a cutlet.
- Roll the cutlet over the spinach until you get to the other end of the cutlet
- Secure this end with a toothpick

- Close both sides of the chicken roll-up using a toothpick for each side
- Heat olive oil in a large frying pan with high sides
- When oil is hot, add chicken rolls
- Brown chicken rolls on each side, about 3 – 5 minutes
- Add chicken broth and lemon juice to the pan
- Use a wooden spoon to stir up any of the brown bits from the bottom of the pan
- Bring to a boil
- Cover and allow to boil slowly for 20 minutes
- Remove chicken from pan. Place on a plate and cover with foil
- With lid removed, allow sauce to boil rapidly for about 5 -10 minutes or until it has reduced to half (make sure to keep an eye on it and stir frequently)
- Remove the toothpicks from your chicken rolls
- Plate chicken with sauce drizzled over the top, and extra sauce on the side

Spicy Fries

Ingredients:

- 2 large Idaho Potatoes (washed well)
- 1 tbsp olive oil
- 1 habanero (washed, seeds removed, sliced)
- 1 garlic clove (peeled and diced)
- 1/2 tsp Adobo Seasoning (or seasoning salt)
- 1/2 tsp Pepper
- 1/2 tsp Paprika

Directions:

- Pre-heat oven to 375 degrees
- Cut potatoes into shoe-string sized fries
- Rinse potatoes well
- Place cut potatoes, habaneros and garlic in a bowl or a large ziplock bag
- Drizzle olive oil over potatoes
- In a bowl, mix together the seasonings
- Sprinkle seasoning mixture over the potatoes
- Mix everything very well (or shake if using a bag)
- Place potatoes in a 2 quart casserole pan
- Bake for 15 minutes, stir and repeat until potatoes are desired “doneness”
- Cooking time will depend on the cut of your potato and the dish you use, but should take about 40 minutes
- I give mine a 5 minute broil at the end to make them crispier. If you do this, make sure to keep an eye on them because they will burn fast!