



THE J.M. SMUCKER Co

Saucy Skillet Chicken

Prep Time Cook Time Serves Difficulty

10 mins 18 mins 4 N/A

Ingredients

- **Chicken:**
- 1/4 cup (50 mL) **Robin Hood®** All Purpose flour
- 4 boneless, skinless chicken breasts, pounded to an even thickness
- 1 tbsp (15 mL) Vegetable Oil
- **Sauce:**
- 2 oz (60 g) prosciutto, chopped (1/4 cup / 50 mL), optional
- 2 tbsp (30 mL) butter
- 2 tbsp (30 mL) **Robin Hood®** All Purpose Flour
- 1 can (354 mL) **Carnation®** Regular, 2% or Fat Free Evaporated Milk

Fat Free Evaporated Skim Milk

- 1/2 cup (125 mL) Parmesan cheese, grated
- salt and pepper to taste

Directions

Step 2:

Pour flour in a shallow dish. Coat chicken in flour, shaking off excess flour. Heat oil in large non-stick skillet. Cook chicken 3-4 minutes per side or until cooked through. Reserve on clean plate.

Step 4:

Add prosciutto to skillet and cook until crisp, about 2 minutes. Drain off any fat. Add butter and flour and cook stirring often for 3 minutes. Add evaporated milk and bring to a boil. Cook until thickened, about 3-5 minutes. Stir in Parmesan cheese. Taste and adjust with salt and pepper. Return chicken to pan and turn to coat with sauce. Serve immediately.

Serve over rice with your favourite vegetables.

Images

