

# Chicken Breast Cardinal (Filetti Di Tacchino Alla Cardinale)

*John Grisanti "Wining and Dining"© - Memphis, TN  
Treasure Classics - National LP Gas Association - 1985*

## **Servings: 4**

*breast meat of a raw  
chicken  
salt (to taste)  
pepper (to taste)  
all-purpose flour  
2 tablespoons butter  
1 tablespoon Marsala wine  
(sweet or dry)  
1/2 cup clear chicken broth  
4 slices prosciutto ham, thin  
sliced  
dry mushrooms, thinly  
sliced  
4 slices Swiss cheese, thin  
sliced*

## **Preparation Time: 10 minutes**

### **Cook Time: 10 minutes**

Cut one side of the breast meat from an uncooked chicken, first removing the skin. Slice this meat into four fillets and flatten them as much as possible by pounding them lightly on a board.

Dip the fillets lightly in flour and season them with salt and pepper.

In a large saucepan, melt butter and cook the chicken fillets over a gentle heat for about 5 minutes on each side. Stir in the Marsala wine and the chicken stock. Place a very thin slice of cooked ham on each fillet, then a layer of very thinly sliced mushrooms that have been heated in butter.

Over the mushrooms, spread a layer of grated Swiss cheese. Spoon a little of the sauce on each fillet. Cover the pan. Heat again just until the cheese is melted.

---

Per Serving (excluding unknown items): 477 Calories; 37g Fat (69.7% calories from fat); 32g Protein; 4g Carbohydrate; 0g Dietary Fiber; 120mg Cholesterol; 353mg Sodium. Exchanges: 4 Lean Meat; 4 1/2 Fat.