



## *Skippa's Garden Chicken*

2 ea 4-5 ozs. Chicken Breasts  
2 tsp Chopped fresh rosemary  
1 Tb Chopped fresh thyme  
¼ cup Chopped shallots or red onions  
2 ozs. Extra Virgin Olive Oil

Combine ingredients in bowl and marinate at least 2 hours, not more than 1 day.

2 ea. Marinated Chicken Breasts  
Salt and freshly cracked pepper  
½ oz extra virgin olive oil. If needed

1 tsp each chopped fresh sage and flat leaf parsley  
3-4 ozs. Chicken broth  
½ lemon  
1 oz White Wine  
½ oz extra virgin olive oil  
½ cup julienne red onions  
S&P to taste

Season chicken breasts with salt and pepper and sauté in olive oil until half way cooked, still uncooked in the middle, about 2 minutes. Add julienne onions to the pan and continue to cook about 2 more minutes until onions slightly caramelize. Add chopped herbs and white wine, cook until wine evaporates. Add chicken broth and lemon, bring the liquid to a boil and slightly reduce. Finish with salt and pepper and extra virgin olive oil and remove from heat.

1 oz extra virgin olive oil  
A handful of the following:

- Baby Spinach
- Fresh Sorrel
- Baby Red Romaine Lettuce
- Mach, sometimes called Lambs ear lettuce
- Broccoli or Radish sprouts
- Blanched Fingerling or Red potatoes
- Blanched baby squash

Salt and Pepper

Heat oil in a saute pan and add spinach and sorrel, sautee for 30 seconds and add baby red romaine and mache, toss for 30 more seconds. Add salt and pepper, blanched potatoes, blanched squash and sprouts, toss and remove from heat immediately. Do not over wilt greens, they will continue to cook.

Assemble with wilted greens on base of plate, top with chicken and sauce, garnish with blanched vegetables and fresh cut herbs. If you have aged balsamic vinegar, a drizzle would compliment this wilted salad dish. If not a balsamic syrup would work.