



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

