



FARMERS MARKET

37685 South Gratiot – Clinton Township, MI 48036 – 586.469.2525

Chicken Palliards with Fresh Greens and Beans –

8 oz. trimmed string beans (sliced lengthwise and a sharp bias)

2 boneless, skinless chicken breast halves (8 oz. each)

1 tbl. extra virgin olive oil, plus more for rubbing

Coarse salt and ground pepper

16 sage leaves

4 oz. prosciutto, finely chopped

½ sliced red onion

1 tbl. red wine vinegar

3 cups lettuce

1. Steam string beans until al dente, 3 to 4 minutes; drain. Slice chicken breast halves in half horizontally; pound lightly, to an even thickness. Rub paillards with olive oil; season with salt and pepper. Top each with 2 sage leaves. Saute in a skillet (or grill) over high heat for 3 minutes. Flip, and top each with 2 more sage leaves. Heat until cooked through, about 3 minutes more. Transfer to a platter. Heat 1 tablespoon oil in skillet over high heat. Cook ham for 1 minute. Add red onion; cook until soft, about 3 minutes. Add red-wine vinegar; stir in beans. Toss with lettuce. Serve over paillards.

Credit: Martha Stewart Living