



Photos by CRAIG LEE / The Chronicle; styled by DEBRA DAY

leaves, then the prosciutto, then add the garlic to the pan. Cover tightly with a lid and cook over medium-low heat until the chicken is done on one side, then turn over and repeat. You want the chicken cooked through but moist and juicy, the sage crisp and the prosciutto flavoring the whole darned thing, 20-25 minutes total.

Squeeze the lemon over the

top of the chicken and into the pan, then add about $\frac{1}{2}$ cup broth or water, and cook over medium high heat until it forms a thin flavorful glaze, only a few minutes. Remove from the heat and serve.

Per serving: 334 calories, 38 g protein, 4 g carbohydrate, 17 g fat (4 g saturated), 121 mg cholesterol, 879 mg sodium, 0 fiber.