

Recipes by Tony Gallo

Italian Stuffed Chicken

Ingredients:

4 Skinless, Boneless Chicken Breasts
4 Slices of Prosciutto
6 Slices of Sharpe Provolone
1 Box of Panko Bread Crumbs
1 Olive Oil to cover bottom of pan
4 Eggs for wash
1 Cup AP Flour
4 Stalks of Rosemary
To taste Salt
To taste Pepper
To taste Red Pepper Flake
To taste Garlic Powder
To taste Parsley

Directions:

Preheat oven to 350 degrees
Butterfly chicken.

Put chicken breast in zip top bag and flatten it out with a kitchen hammer.

Once flattened, season with salt, pepper, garlic powder, red pepper flake and parsley to taste.

Take one slice of the prosciutto and one and a half slices of the Sharpe provolone and place at one end.

Start rolling the chicken on the end that you have the prosciutto and cheese on. Tightly roll chicken. Place a tooth pick sideways at the top to hold chicken together.

6. Place chicken in flour, then into egg wash then coat in the Panko bread crumbs.

7. In a hot pan, pour in olive oil and sear the chicken until it is golden brown on each side.

8. Place the four chicken breasts on a sheet pan and finish in the oven, about 20 minutes.

Citrus Salad

Serving size is 4 – 4oz portions

Ingredients:

3 Oranges
2 Lemons
2 Limes
½ Red Onion
5 Mint leaves
5 Parsley leaves
5 Cilantro leaves
1 Jalapeño Pepper
To taste Salt and pepper

Directions:

Section all your citrus into a bowl. Squeeze citrus juice in same bowl

Slice red onion into very thin slices

Take all your herbs, slices them very finely

Mince your jalapeno pepper. Depending on how spicy you want your salad, remove ribs and seeds.

Combine all your ingredients into a bowl. Gently toss.

Plate and enjoy