

Sautéed Chicken with White Wine Alfredo Sauce, Over Roasted Sweet Potatoes

July 2014 by Camine Pappas/Serves 4

INGREDIENTS:

2 very large chicken breasts, patted dry
1 C creamy Alfredo sauce (use your favorite brand)
½ C dry white wine like a Pinot Gris
1 t plus 3 sprigs fresh lemon thyme
Salt and pepper
1/8 t of allspice
Dash of nutmeg and a dash of cloves
4 T Canola oil divided
1 large sweet potato (yam) peeled and sliced thinly
½ medium onion sliced into big chunks



DIRECTIONS:

Heat oven to 425 degrees. On a large cookie sheet, toss onions and yams with salt and pepper, 2 T oil, nutmeg, allspice and cloves. Place in oven and cook for 15 to 20 minutes until edged are browned. Don't overcook. The thickness of your slices will be your guide.

While potatoes cook, pat chicken dry. Heat 2 T oil in large fry pan. Place chicken in hot pan. Sear on one side. Turn, salt and pepper second side and sear that side. About 3 minutes a side in a hot pan. Add wine and when bubbling stops, reduce heat to low, place the sprigs of lemon thyme on top, and cover. Let cook for about 10 minutes until chicken is just barely done in center. Take off heat, keep covered and let sit for about 3 minutes. However, ladle about 3 large ladle fulls of the white wine reduction into the 1 C of heated Alfredo sauce. Stir to incorporate.

To plate, place potatoes on bottom. Place the 4 ounces each of the chicken breasts on top. Cover with the white wine Alfredo sauce and garnish with a lemon thyme sprig. Serve with the same Pinot Gris you cooked with. Also can serve with my Cucumber Apple Basil Salad.