

Bacon Wrapped Garlic Sage Chicken

submitted by Tastycrumbles

Per serving: 389 Calories • 0.6g Carbs (0.1g Fiber) • 16.7g Fat • 55.4g Protein

Ingredients

Ingredients scaled to: 4 serving

4 breast, bone and skin removed **Chicken breast** (944 grams)

6 tablespoon **Sage** (12 grams)

6 strip **Bacon** (72 grams)

1 tbsp **Olive oil** (13.5 grams)

1 tsp **Salt** (6 grams)

1 tsp **Pepper** (2.1 grams)

Directions

Directions are based on the original recipe of 4 servings

1. Butterfly chicken breasts by slicing each breast in half. Place the breast flat on the cutting board and with the knife parallel to the cutting board, slice the breast in half, widthwise.
2. Season with salt and pepper and top with sage. Wrap a slice of bacon around each breast, making sure that the ends of the bacon are on the bottom.
3. Heat olive oil in a large pan over medium-high heat. Cook chicken 5 minutes, flip, and cook another 3-4 minutes until cooked through completely. Remove from heat and serve.