



## Too-Easy Chicken with Leeks

*Makes 4 servings*

Recipe from "Rachael Ray 30-Minute Meals 2" by Rachael Ray, published by Lake Isle Press, 2003

### INGREDIENTS

2 leeks  
4 pieces boneless, skinless chicken breasts ( 6 to 8 ounces each)  
Salt and freshly ground black pepper, to taste  
2 tablespoons extra-virgin olive oil (evoo) (twice around the pan)  
1 cup dry white wine

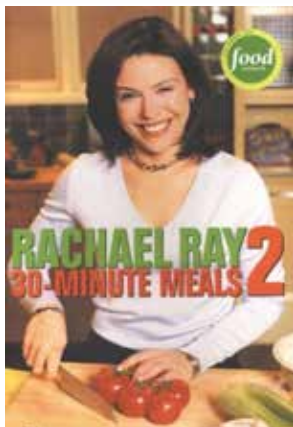
### PREPARATION

Trim leeks of tough green ends and roots. Split them lengthwise, then cut across into 1/2-inch slices. Place sandy slices of leeks into a colander. Run under cold water, separating the layers of each slice to free the grains of sand. Drain leeks very well and place within arm's reach of the stovetop.

Heat a large nonstick skillet over medium-high heat. Season chicken breasts with salt and pepper. Add evoo to coat skillet, then add chicken breasts and brown, 3 to 4 minutes on each side; transfer to a plate. Add a little more oil to the pan, then add leeks, and sauté, 5 minutes, until they become soft. Add wine to the pan and nest chicken breasts down into leeks. Reduce heat to simmer for another 5 to 7 minutes. To serve, remove chicken from pan and slice on an angle. Fan and arrange sliced chicken breasts over a bed of sautéed leeks on each dinner plate or warm serving platter.



Dara O'Brien



### Rachael Ray 30-Minute Meals 2

by Rachael Ray, published by Lake Isle Press, 2003

Rachael pulls out all the stops in this best-selling collection of recipes. You'll find menus complete with mains, sides, and desserts, tailored for any occasion. Sections include: Make Your Own Take-Out, Monday Thru Friday Dinner Specials, Family-Style Suppers, Double-Duty Dinners, Passport Meals, Big Nights: Very Special Dinners, and Healthy Hunger Busters. Eating Healthy? Try a meat-free meal featuring Ravioli Vegetable Lasagna, Romaine Hearts with Lemon Chive Vinaigrette, and Fresh Oranges with Lime Sorbet.

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