

Chicken Cordon Bleu

Makes 4 Servings



4 boneless, skinless chicken breasts
salt and pepper to taste
4 slices deli ham
4 slices Cheddar cheese

1/2 cup all-purpose flour
1 large egg
3/4 cup bread crumbs
1/4 cup fresh parsley chopped

Working with one piece of chicken at a time pound out with a mallet until 1/4-inch thick. Season with salt and pepper.

Arrange chicken smooth side down. Cover one half of each breast with one slice on ham and one slice of cheese leaving space around the edges.

Fold the chicken in half over the ham and cheese. Press the edges together to firmly seal. Tie the chicken with 2 pieces of butcher's twine.

On a plate add 1/2 cup all-purpose flour.

In a bowl whisk 1 large egg.

On a plate combine bread crumbs, parsley, 1 teaspoon salt, and 1/2 teaspoon pepper.

Work with one piece of chicken at a time press both sides of the chicken into the all-purpose flour shaking off any excess.

Dip into the egg letting the excess drip off.

Then dip the chicken into the bread crumb mixture gently patting so the bread crumbs sticks to all sides.

Place on a baking tray lined with aluminum foil and sprayed with non-stick cooking spray.

Lightly coat the top of the chicken with non-stick cooking spray.

Bake in a 350°F oven for 30 minutes or until the chicken reaches an internal temperature of 165°F.

Remove the sting and discard.

Serve