

Chicken Cordon Bleu



Servings: 4

*4 skinless boneless chicken breast
salt and pepper, to taste
4 slices deli ham
1/2 cup all-purpose flour
1 slice cheddar cheese
1 large egg
3/4 cup panko bread crumbs
1/4 cup parsley, finely 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 panko 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 panko bread crumb mixture gently patting so the panko 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

Per Serving (excluding unknown items): 420 Calories; 10g Fat (22.3% calories from fat); 65g Protein; 12g Carbohydrate; 1g Dietary Fiber; 249mg Cholesterol; 170mg Sodium; trace Total Sugars; trace Vitamin D; 58mg Calcium; 2mg Iron; 967mg Potassium; 643mg Phosphorus. Exchanges: .