



Crispy Chicken Cordon Bleu for Two



1/2 of recipe (1 stuffed breast): 291 calories, 8g total fat (3g sat. fat), 428mg sodium, 8.5g carbs, 1g fiber, 1.5g sugars, 43g protein

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Prep: 15 minutes **Cook:** 40 minutes



Ingredients

1/4 cup whole-wheat panko breadcrumbs
1/2 tsp. onion powder
1/2 tsp. garlic powder
1/8 tsp. each salt and black pepper
Two 5-oz. raw boneless skinless chicken breast cutlets
1 oz. (about 2 slices) reduced-sodium 97 - 98% fat-free sliced ham
2 slices reduced-fat Swiss cheese
1/4 cup (about 2 large) egg whites or fat-free liquid egg substitute

Directions

Preheat oven to 350 degrees. Spray an 8" X 8" baking pan with nonstick spray.

In a medium bowl, mix breadcrumbs with seasonings.

Pound chicken to 1/2-inch thickness. Evenly top with ham and cheese. Tightly roll up each chicken cutlet, and secure with toothpicks.

Place one stuffed chicken cutlet in a wide bowl. Evenly top with half of the egg whites. Shake to remove excess, and transfer to the baking pan. Generously coat with seasoned breadcrumbs. Repeat with remaining stuffed chicken cutlet. Evenly top with any remaining breadcrumbs.

Cover pan with foil, and bake for 20 minutes.

Remove foil. Bake until chicken is cooked through, about 20 more minutes.

MAKES 2 SERVINGS

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