

Cherry Chicken Spirals

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Servings: 4

4 (about 1-1/2 pounds)
skinless/boneless chicken breast
halves
6 slices turkey bacon, halved
2/3 cup snipped dried cherries
3 tablespoons honey mustard
1 cup whole wheat panko (Japanese-
style bread crumbs)
1 tablespoon snipped fresh thyme
1/2 teaspoon ground black pepper

Preparation Time: 30 minutes

Bake: 25 minutes

Preheat the oven to 375 degrees. Lightly coat a 13x9x2-inch baking pan with nonstick cooking spray. Set aside. Place each chicken breast half between two pieces of plastic wrap. Using the flat side of a mallet, pound the chicken lightly into a rectangular shape 1/4 to 1/2 inch thick. Discard the plastic wrap.

In a large skillet, cook the turkey bacon over medium heat for 2 to 3 minutes per side or just until lightly browned but not crisp. Place on the pounded chicken.

In a small bowl, combine the cherries and half of the honey mustard. Divide the cherry mixture evenly among the pounded chicken. Fold in the shorter side edges. Roll up from the longer bottom edge. Brush the rolls with the remaining honey mustard. In a shallow dish, combine the panko, thyme and pepper. Roll the chicken in the panko mixture to coat evenly. Place, seam sides down, in the prepared pan. Lightly coat with nonstick cooking spray.

Bake, uncovered, for 25 to 30 minutes or until the chicken is no longer pink (170 degrees).

Serve with saute'd greens such as bok choy, if desired.

Honey mustard gives these chicken breasts plenty of zing and a hint of sweetness. We love it so much we used it twice - in the cherry filling and under the crunchy panko - for added flavor without any added fat.

Per Serving (excluding unknown items): 63 Calories; 5g Fat (67.3% calories from fat); 4g Protein; 1g Carbohydrate; trace Dietary Fiber; 19mg Cholesterol; 430mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Fat.

Chicken

Per Serving Nutritional Analysis

Calories (kcal):	63	Vitamin B6 (mg):	trace
% Calories from Fat:	67.3%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	8.0%	Thiamin B1 (mg):	trace
% Calories from Protein:	24.7%	Riboflavin B2 (mg):	trace
Total Fat (g):	5g	Folacin (mcg):	1mcg
Saturated Fat (g):	1g	Niacin (mg):	trace
Monounsaturated Fat (g):	2g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	19mg	% Refused:	0%
Carbohydrate (g):	1g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	4g	Lean Meat:	1/2
Sodium (mg):	430mg	Vegetable:	0
Potassium (mg):	62mg	Fruit:	0
Calcium (mg):	24mg	Non-Fat Milk:	0
Iron (mg):	1mg	Fat:	1/2
Zinc (mg):	1mg	Other Carbohydrates:	0
Vitamin C (mg):	trace		
Vitamin A (i.u.):	1IU		
Vitamin A (r.e.):	0RE		

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 63 Calories from Fat: 42

% Daily Values*

Total Fat 5g	8%
Saturated Fat 1g	5%
Cholesterol 19mg	6%
Sodium 430mg	18%
Total Carbohydrates 1g	0%
Dietary Fiber trace	1%
Protein 4g	
Vitamin A	0%
Vitamin C	0%
Calcium	2%
Iron	3%

* Percent Daily Values are based on a 2000 calorie diet.