

Chicken Cordon Bleu

*Sara F Patterson, Nancy F Holley & Cleo F Long
Three Sisters Cookbook - Alexander City, AL*

*4 whole boneless/ skinless chicken
breasts
4 thin slices ham
4 slices Swiss cheese
1 cup all-purpose flour
1/2 teaspoon salt
1/4 teaspoon pepper
10 tablespoons butter, melted and
divided
1/2 pound fresh mushrooms, sliced
1 tablespoon Worcestershire sauce
2 tablespoons lemon juice
2 tablespoons sherry
2 tablespoons cold water*

Preheat the oven to 350 degrees.

Pound the chicken breasts between two pieces of waxed paper until flattened. On each flattened piece of chicken, place one slice of ham then one piece of Swiss cheese. Roll and secure with a toothpick.

In a shallow dish, combine the flour, salt and pepper. Roll the breasts in the flour mixture. Reserve the remaining flour mixture.

In a skillet, brown the coated breasts in six tablespoons of butter. Place the breasts in a 9x12-inch baking dish.

In the skillet, saute' the mushrooms in the remaining four tablespoons of butter, lemon juice, Worcestershire sauce and sherry until tender.

In a dish, mix one tablespoon of the reserved flour mixture with cold water until smooth. Add to the mushroom mixture. Stir over medium heat until the sauce thickens. Pour the sauce over the breasts.

Bake for 15 to 20 minutes.

Per Serving (excluding unknown items): 4276 Calories; 299g Fat (63.4% calories from fat); 243g Protein; 146g Carbohydrate; 6g Dietary Fiber; 1034mg Cholesterol; 10689mg Sodium. Exchanges: 6 1/2 Grain(Starch); 30 Lean Meat; 2 Vegetable; 0 Fruit; 40 Fat; 0 Other Carbohydrates.

Chicken

Per Serving Nutritional Analysis

Calories (kcal):	4276	Vitamin B6 (mg):	2.3mg
% Calories from Fat:	63.4%	Vitamin B12 (mcg):	12.3mcg
% Calories from Carbohydrates:	13.7%	Thiamin B1 (mg):	5.8mg
% Calories from Protein:	22.9%	Riboflavin B2 (mg):	4.7mg
Total Fat (g):	299g	Folacin (mcg):	292mcg
Saturated Fat (g):	171g	Niacin (mg):	45mg
Monounsaturated Fat (g):	93g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	16g	Alcohol (kcal):	41
Cholesterol (mg):	1034mg	% Refuse:	0.0%
Carbohydrate (g):	146g		
Dietary Fiber (g):	6g		
Protein (g):	243g		
Sodium (mg):	10689mg		
Potassium (mg):	3471mg		
Calcium (mg):	4491mg		
Iron (mg):	16mg		
Zinc (mg):	32mg		
Vitamin C (mg):	198mg		
Vitamin A (i.u.):	8191IU		
Vitamin A (r.e.):	2231RE		

Food Exchanges

Grain (Starch):	6 1/2
Lean Meat:	30
Vegetable:	2
Fruit:	0
Non-Fat Milk:	0
Fat:	40
Other Carbohydrates:	0

Nutrition Facts

Amount Per Serving

Calories 4276 **Calories from Fat:** 2709

% Daily Values*

Total Fat 299g	459%
Saturated Fat 171g	854%
Cholesterol 1034mg	345%
Sodium 10689mg	445%
Total Carbohydrates 146g	49%
Dietary Fiber 6g	25%
Protein 243g	
Vitamin A	164%
Vitamin C	331%
Calcium	449%
Iron	89%

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