

Chicken Bacon Birds

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Totland College Nursery School - Braintree, MA (1978)

*8 boneless/ skinless
chicken breast halves
8 slices ham
8 slices Swiss cheese (or
Jack or cheddar cheese)
8 slices bacon
1/2 cup white wine
1/2 teaspoon
Worcestershire sauce
salt (to taste)
pepper (to taste)*

Preheat the oven to 350 degrees.

Pound the chicken breasts about 1/4 inch thick.

In a sealable plastic bag, combine the wine, Worcestershire sauce, salt and pepper. Place the chicken in the bag and seal. Marinate for about one hour.

Lay the fillets on a flat surface. Top with the ham and cheese slices. Roll up the chicken. wrap each roll with two slices of bacon. Secure with tooth picks. Place in a casserole dish.

Bake for 35 to 40 minutes. Drain off the fat.

Place the dish under the broiler to crisp the bacon. (Do not overcook or they will dry out.)

Per Serving (excluding unknown items): 4335 Calories; 246g Fat (53.5% calories from fat); 447g Protein; 35g Carbohydrate; 0g Dietary Fiber; 1401mg Cholesterol; 15793mg Sodium. Exchanges: 65 Lean Meat; 10 Fat; 0 Other Carbohydrates.