

Stuffed Chicken Breasts II

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Servings: 4

*4 boneless/ skinless
chicken breasts
4 slices honey baked or
prosciutto ham
4 slices Lorraine or baby
Swiss cheese
3 tablespoons mayonnaise
1 tablespoon garlic powder
2 teaspoons Italian
seasoning
2 teaspoons basil
1 teaspoon paprika
salt
pepper
1 tablespoon Durkee
seasoning
1 teaspoon Dijon mustard
1 1/2 cups cornflake crumbs
1/4 cup Parmesan cheese*

Preheat the oven to 350 degrees.

Pound the chicken to 1/4-inch thickness.

Top each chicken breast with one slice of ham and one slice of cheese. Roll the breast, starting at the short edge and tucking in the sides to enclose the ham and cheese. Secure with toothpicks. Set aside.

In a small bowl, mix together the mayonnaise, Durkee sauce and mustard. Set aside.

In a pie plate, mix together the garlic powder, Italian seasoning, basil, paprika, salt, pepper and cornflake crumbs. Mix well. Set aside.

Using a pastry brush, coat each breast with one tablespoon of the mayonnaise mixture. Roll the breast in the crumb mixture to coat thoroughly. Place the rolls in a small baking dish.

Bake for 20 to 30 minutes or until cooked through.

Per Serving (excluding unknown items): 729 Calories; 38g Fat (46.6% calories from fat); 65g Protein; 31g Carbohydrate; 2g Dietary Fiber; 193mg Cholesterol; 702mg Sodium. Exchanges: 2 Grain(Starch); 9 Lean Meat; 1 Fat; 0 Other Carbohydrates.