Stacked Chicken Cordon Bleu

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Servings: 4
Preparation Time: 25 minutes

Cook time: 15 minutes

4 (5-ounce each) boneless/ skinless chicken breast halves
1/4 cup all-purpose flour
1/4 teaspoon salt
1/4 teaspoon pepper
1 egg
1 tablespoon water
1/2 cup dry bread crumbs
1/2 cup ground almonds
1/4 cup olive oil
4 thin slices deli ham
2 slices Swiss cheese, halved
SAUCE
2/3 cup condensed cream of chicken and mushroom soup, undiluted
2 tablespoons sour cream
2 tablespoons 2% milk
1/4 teaspoon pepper
1/8 teaspoon salt
fresh parsley, minced

Flatten the chicken to 1/2-inch thickness. Set aside.

In a shallow bowl, combine the flour, salt and pepper.

In another shallow bowl, whisk the egg and water.

In a third bowl, combine the bread crumbs and almonds.

Coat the chicken with the flour mixture. Then dip in the egg mixture and coat with the bread crumb mixture.

Add oil to a large skillet. Cook the chicken over medium heat for 5 to 6 minutes on each side or until a meat thermometer reads 170 degrees.

Top with the ham and cheese. Cover and cook for 1 to 2 minutes longer or until the cheese is melted.

Meanwhile, in a small saucepan, combine the soup, sour cream, milk, pepper and salt. Cook and stir over medium heat until heated through.

Serve with the chicken. Sprinkle with parsley.

Per Serving (excluding unknown items): 548 Calories; 41g Fat (66.3% calories from fat); 25g Protein; 22g Carbohydrate; 2g Dietary Fiber; 109mg Cholesterol; 488mg Sodium. Exchanges: 1 1/2 Grain(Starch); 2 1/2 Lean Meat; 0 Non-Fat Milk; 6 1/2 Fat.