



Chicken Cordon Bleu

This generous entrée takes a little time to prepare but we know you will find it worth the effort. Get your butcher to butterfly and pound the chicken breasts and slice the Canadian bacon to save time. Make a few extra servings for another day. Serve with Dijon Mustard Sauce and Cauliflower-Potato Mousse.

Ingredients:

6	5 oz. boneless, skinless chicken breasts, butter-flied and lightly pounded
3 oz.	Swiss cheese, (buy un-sliced and cut into ½ oz. batons)
12	1/4 oz. (very thin) slices Canadian bacon (get it sliced at the deli counter)
12 cups	cleaned fresh spinach, wilted and drained
2 cups	Panko Japanese style bread crumbs seasoned with
1 tsp each	onion powder, garlic powder, paprika, dried parsley, salt
¼ tsp	black pepper
1 cup	egg whites or egg substitute

Preparation:

- Heat oven to 350 degrees
- Clean chicken, carefully butterfly and lightly pound each breast (ask your butcher)
- Place spinach in a large skillet (no oil or water needed), cover and gently heat, stir to wilt. Drain well and lightly chop.
- Lay breasts out on a clean surface
- Lay 2 slices of Canadian bacon, 2 tablespoons of spinach and 1/2 ounce of cheese on the edge of each breast
- Carefully wrap the chicken around the filling so there are no gaps in the edges
- Combine bread crumbs with seasonings in a large pie plate
- Place egg in a pie plate and carefully dip each breast in the egg
- Carefully roll each stuffed breast in the seasoned crumbs and transfer to a parchment paper lined baking sheet
- Bake 20 to 30 minutes or until cheese oozes and breasts are browned
- Serve with Dijon Sauce and Potato-Cauliflower Mousse

Number of Servings:	6
Calories:	250
Fat grams:	10

