

Chicken Cordon Bleu



Homemade meals can make everyone healthier, happier, and more connected. All our meals are designed to meet each Lotus Park's family member needs by a licensed dietitian, and made fresh daily by loving people. Today we share our love with Chicken Cordon Bleu recipe.

Community you want, Cuisine we all love!

Procedure:

1. Preheat oven to 350 degrees F (175 degrees C). Coat a 7x11 inch baking dish with nonstick cooking spray.
2. Pound chicken breasts to 1/4 inch thickness.
3. Sprinkle each piece of chicken on both sides with salt and pepper. Place 1 cheese slice and 1 ham slice on top of each breast. Roll up each breast, and secure with a toothpick. Place in baking dish, and sprinkle chicken evenly with bread crumbs.
4. Bake for 30 to 35 minutes, or until chicken is no longer pink. Remove from oven, and place 1/2 cheese slice on top of each breast. Return to oven for 3 to 5 minutes, or until cheese has melted. Remove toothpicks, and serve immediately.

Tips:

Try to use the largest chicken breasts you can find so you'll be able to roll them easier."

Aluminum foil can be used to keep food moist, cook it evenly, and make clean-up easier.

It is particularly delicious served with some steamed veggies and mashed potatoes and paired with loving company.

Cooking Time: 35 min

Cooking Temp: 350 °F

Servings: 4

Ingredients:

Chicken breast halves,
skinless, boneless. . . 4 pcs
Swiss Cheese, sliced. 6 pcs
ham, cooked, sliced 4 pcs
Salt 1/4 tsp
Black Pepper, ground 1/8 tsp
Bread Crumbs, seasoned. . . 1/2 cup