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Chicken Cordon Bleu

## Chicken Cordon Bleu



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★★★★☆ Good, solid recipe

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**Yield:** Serves 4 (serving size: 1 chicken roll)

**Total:** 48 Minutes

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#### Recipe Time

**Hands On:** 16 Minutes

**Total:** 48 Minutes

#### Nutritional Information

##### Amount per serving

Calories: 414

Fat: 12.4g

Saturated fat: 5.5g

Monounsaturated fat: 2.8g

Polyunsaturated fat: 1g

Protein: 50.7g

Carbohydrate: 20.6g

Fiber: 1g

Cholesterol: 169mg

Iron: 2.4mg

Sodium: 513mg

Calcium: 213mg

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### Ingredients

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4 (6-ounce) skinless, boneless chicken breast halves

\$

1/2 teaspoon black pepper \$

1/4 teaspoon salt

3/4 cup panko (Japanese breadcrumbs)

1/2 cup all-purpose flour

1 tablespoon water

1 large egg \$

2 1/2 ounces shredded Gruyère cheese (about 10 tablespoons), divided

1 tablespoon chopped fresh thyme

2 garlic cloves, minced

4 slices pancetta (about 1 1/4 ounces)

Cooking spray \$

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### Preparation

1. Preheat oven to 350°.

2. Place chicken between 2 sheets of plastic wrap; pound to 1/4-inch thickness. Sprinkle chicken evenly with pepper and salt.

3. Heat a skillet over medium heat. Add panko; cook 2 minutes or until toasted, stirring often. Remove from heat. Place flour in a dish. Combine 1 tablespoon water and egg in a bowl; lightly beat. Pour egg mixture into a dish. Combine panko, 2 tablespoons cheese, thyme, and garlic in a dish.

4. Working with 1 piece of chicken at a time, dredge in flour. Dip in egg mixture; dredge in panko mixture. Top with 1 pancetta slice and 2 tablespoons cheese. Roll up; secure with a toothpick. Place roll, seam side down, on a wire rack coated with cooking spray. Place rack on a baking sheet. Repeat procedure with remaining ingredients. Bake at 350° for 25 minutes or until chicken is done.

Kate Parham, *Cooking Light*  
AUGUST 2012



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