

Chicken Cordon Bleu

Ingredients:

1/4 cup panko breadcrumbs
1/2 tsp. onion powder
1/2 tsp. garlic powder
1/8 tsp. each salt and black pepper
Two boneless skinless chicken breast cutlets, pound thin
4 slices deli sliced ham
2 slices reduced-fat Swiss cheese
1 egg white

Directions:

1. Preheat oven to 350 degrees. Spray an 8" X 8" baking pan with nonstick spray.
2. In a medium bowl, mix breadcrumbs with seasonings.
3. Top chicken with ham and cheese. Tightly roll up each chicken cutlet, and secure with toothpicks.
4. Brush each with egg whites, and coat with seasoned breadcrumbs.
5. Cover pan with foil, and bake for 20 minutes.
6. Remove foil. Bake until chicken is cooked through, about 20 more minutes.