

Crispy Chicken Cordon Bleu Salad



Whip up the classic cordon bleu combo of chicken, ham, and cheese as a delicious salad.

Prep Time: 10 minutes

Total Time: 30 minutes

Servings: 4

Ingredients

- 4 thin-sliced boneless, skinless chicken breasts (1 lb total)
- 2 oz sliced reduced-sodium deli ham
- 2 oz sliced low-fat Swiss *(HHH: Holly uses 2 low fat mozzarella cheese sticks)*
- 1 large egg white, beaten
- 1 C panko bread crumbs
- 4 C baby arugula (about 4 oz)
- ½ C grape tomatoes, quartered
- 1 lemon, cut into wedges

Preparation

1. Heat oven to 425°F. Lightly oil baking sheet.
2. Season chicken with ¼ teaspoon pepper, and evenly distribute ham and cheese on top. *(HHH: For varying tastes, Holly uses ½ low-fat mozzarella cheese stick per piece of chicken, in place of swiss)*
3. Beginning with a short side, roll up breasts, securing with wooden toothpicks.
4. Put egg white and panko in separate shallow bowls. Dip chicken in egg and then panko to coat. Put on prepared pan.
5. Bake, turning once, until golden brown and cooked through, 15-20 minutes.
6. Remove wooden picks and cut chicken into slices. Serve on bed of arugula with tomatoes and squeeze with lemon.

Servings per Recipe: 4

Nutrition (per serving): 228 calories, 34g protein, 11g carbohydrate, 4.5g Total Fat (1 g Sat Fat), 334mg sodium, 1g fiber

Recipe from Prevention, June 2011