

Chicken Cordon Bleu Roll-Ups

2 eggs

2 Tbsp milk

1 Tbsp dijon mustard

salt and pepper to taste

1/2 cup Italian bread crumbs

1/2 cup panko bread crumbs

6 boneless skinless chicken breasts, pounded to 1/4 inch thick

6 slices deli ham (sliced on the thick side)

6 slices swiss cheese (sliced on the thick side)

Preheat oven to 400 degrees.

Whisk together eggs, milk, and dijon in a shallow dish. Season with salt and pepper. In a second shallow dish, combine Italian bread crumbs and panko bread crumbs.

Season chicken on both sides with salt and pepper. Place a slice of ham and swiss cheese on each chicken breast (trim to fit if needed) and roll up beginning from the smallest end of the chicken. Secure with two toothpicks. Repeat until all of the chicken breasts are rolled up.

Dredge each rolled chicken breast into the egg mixture and then into the crumb mixture, using your hands to pat the crumbs on. Place in a lightly greased 9x13 baking dish.

Bake for 25-30 minutes. Remove from oven and let sit for 5 minutes. Remove toothpicks and cut into slices or serve as is.

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