

Chicken Cordon Bleu Holiday Pinwheels

Serving Size: 2 Pinwheels

Serves: 12

Ingredients

4 (6oz) skinless, boneless chicken breast halves
4 slices low sodium cooked deli ham, approximately 4 oz
1 slice Swiss cheese, cut into 1 inch strips
12 fresh basil leaves
½ cup red bell peppers, julienned
Coarse black pepper to taste
1 tablespoon olive oil
1 cup fat free half and half
¼ cup Swiss cheese, grated
Coarse black pepper for garnish

Directions

1. Preheat oven to 325 degrees.
2. Place each chicken breast half between sheets of plastic wrap and pound with a meat mallet to 1/8 inch thickness.
3. Stack the 4 ham slices on top of each other and trim off a little from each corner. Set these trimmings aside to be used in the sauce.
4. Place a ham slice on each chicken breast, then a strip of cheese. Add three basil leaves and some red peppers in a vertical line on the center of the chicken and cheese. Sprinkle lightly with pepper. Roll up the chicken tightly and fasten with toothpicks.
5. Heat the oil in a skillet. Lightly brown the chicken rolls on each side.
6. Bake in preheated oven for about 20 minutes or until chicken is golden brown and reaches an internal temperature of 165 degrees.
7. Meanwhile, combine the half and half, ¼ cup Swiss cheese and reserved ham strips in a small sauce pan. Heat over low heat and stir until thickened. Set aside warm.
8. Remove the chicken rolls. Carefully slice into ¾ inch rounds. Pour a thin layer of sauce onto your serving dish. Then place the pinwheels on top of the sauce.

Exchanges per serving:

2 Lean Meats

Nutrients per serving:

Calories: 119

Calories from fat: 29

Total Fat: 3g

Cholesterol: 43mg

Sodium: 186mg

Total Carbohydrate: 3g

Dietary Fiber: 0g

Protein: 19g