



Chicken Cordon Bleu

Cooking Light AUGUST 2012

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

Hands-on: 16 Minutes

Total: 48 Minutes

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Ingredients

4 (6-ounce) skinless, boneless chicken breast halves	1 large egg
1/2 teaspoon black pepper	2 1/2 ounces shredded Gruyère cheese (about 10 tablespoons), divided
1/4 teaspoon salt	1 tablespoon chopped fresh thyme
3/4 cup panko (Japanese breadcrumbs)	2 garlic cloves, minced
1/2 cup all-purpose flour	4 slices pancetta (about 1 1/4 ounces)
1 tablespoon water	Cooking spray

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.

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