



Chicken Cordon Bleu

Info:

Makes 4 Servings 235 Calories per Serving

LOW CAL

Ingredients:



- ❖ ½ lb Chicken Breast (4 equal portions, thin cut)
- ❖ 4 1oz Ham Slices, lean
- ❖ 8 1oz Swiss Cheese Slices
- ❖ 1 tsp Salt
- ❖ 1 Tbsp Dried Parsley
- ❖ 1 tsp Garlic Powder
- ❖ Cooking Spray

Preparation:



1. Preheat oven to 375°
2. Lightly coat baking sheet with cooking spray
3. In a small bowl combine salt, parsley and garlic powder and set aside
4. Bake chicken for 10 minutes, then flip and top each breast with seasoning mixture and a slice of ham, bake another 5 minutes
5. Top ham with both slices of Swiss cheese and bake another 5 minutes