

Chicken Cordon Bleu with Corn

American

A version of Chicken Cordon Bleu made without butter or breading

Ingredients:

Chicken:

- * 4 breasts Boneless skinless chicken breast (4 ounces each)
- * 4 slices Thin sliced deli ham
- * 4 sticks Swiss cheese
- * Salt (To taste)
- * Black pepper (To taste)
- * 1 tsp Garlic powder (Optional)
- * 1 tsp Paprika (Optional)

Side:

- * 2 cups Corn



Instructions:

1. Preheat oven to 350°F.
2. Place chicken breasts between plastic wrap and pound to approximately 1/4 inch thickness.
3. Season chicken with salt, pepper, garlic powder, and paprika.
4. Place one ham slice and one Swiss cheese stick on each chicken breast.
5. Roll chicken tightly and secure with toothpicks if needed.
6. Place rolls seam side down into a baking dish.
7. Bake 30–35 minutes or until internal temperature reaches 165°F.
8. Cook corn according to package or fresh preparation instructions.
9. Serve one chicken roll with approximately 1/2 cup corn.

Servings: 4 | Serving size: 1 filled chicken breast | Calories: 385 | Protein: 48g