

## Stuffed Chicken Breast

4 Servings

*Flavor Note: Old Norse World Cuisine Traditional Italian, Traditional Greek, Spicy Maple Thai, or South African Curry can be added to the dry mixture for a different flavor.*

Amount	Size	Description
4	Large	Skinless, boneless chicken breast halves
-	-	Salt and pepper to taste
4	Slices	Prosciutto approx. 1 ounce each
6	Slices	Fat-free Swiss cheese approx. 4 ounces
1	Cup	Breadcrumbs
2	Tbl	Parsley
2	Tbl	Thyme
2	Tbl	Oregano
1	Tbl	Garlic powder
1	Tbl	Onion powder
1	Cup	White flour
2	Tbl	Butter
5	-	Egg Whites
-	-	Cooking spray

1. Place chicken between two sheets of wax paper; using a rolling pin, pound chicken to 1/4-inch thickness.
2. Rub chicken with 1/4 teaspoon each pepper and salt. Evenly divide prosciutto and cheese over chicken
3. Fold chicken in half to cover prosciutto and cheese and press down to hold shape. Toothpicks inserted at an angle on the open end may help keep them folded.
4. In a shallow bowl, combine the flour, parsley, oregano, and thyme. After whisking to mix, pour on a plate.
5. In a shallow bowl, combine breadcrumbs, garlic powder and onion powder. Salt and pepper to taste. After mixing, pour the mixture on a plate.
6. In another shallow bowl, whip egg whites until soft peaks form.
7. To coat chicken, dredge each piece of chicken in flour mixture. Then dip each chicken breast in egg whites. Next, dredge chicken in bread crumb mixture.
8. Coat a cast iron skillet with cooking spray and heat. Add 1 tablespoon of butter
9. Add chicken to skillet.
10. When they begin to shimmer (about 1 or 2 minutes), check bottom that it has a nice golden-brown coating.
11. Add the remaining butter and flip chicken, making sure there is enough oil in the skillet. Do not cook the chicken on a dry skillet surface.
12. After 1 – 2 minutes, check that the underside is golden-brown.
13. Place skillet in preheated oven at 350. Cook until chicken is 165 degrees.

