

Chicken cordon blue



Serves 4

Ingredients:

- 4 skinless, boneless chicken breasts
- 4 thin slices of low-fat ham
- 2 tbsp skim milk
- $\frac{1}{4}$ cup cornflake crumbs
- 60 g Swiss cheese

Procedure:

- Preheat oven to 205°C/ 400°F.
- Cut a pocket in each breast and tuck in one slice of ham.
- Roll in milk and then cornflake crumbs.
- Arrange in a pan that has been greased with olive oil.
- Bake for 25 minutes.
- Top each breast with 15 g of cheese and return to oven until cheese is melted.

Per serving:

- Calories: 218
- Protein: 33 gm
- Carbohydrates: 7 gm
- Fat: 6 gm

You'll find this dish attractive, easy to prepare, and a good choice for company.