

Italian Chicken Roll Ups

Ingredients:

12 boneless, skinless Chicken Breast halves (about 4 oz each)
12 thin slices of Deli Ham
6 slices of Provolone cheese, halved
1½ cups of seasoned Bread crumbs
1 cup of grated Romano or Parmesan cheese
½ cup minced fresh Parsley
1 cup of Milk
Cooking spray

Preparation:

Preheat oven to 425° F.
Flatten chicken to ¼" thickness.
Place a slice ham and half slice of cheese on each piece of chicken.
Roll up from a short side and tuck in the ends.
Secure with a toothpick.
In a shallow bowl, combine crumbs, Romano cheese and parsley.
Pour milk in another bowl.
Dip chicken rolls in milk, then in crumb mixture.
Place roll-ups, seam side down, on a greased baking sheet.
Spritz chicken with cooking spray.
Bake uncovered, 25 minutes or until meat is no longer pink.
Remove toothpicks.
Pour Alfredo sauce (recipe below) over each roll-up and serve.

Alfredo Sauce

Ingredients:

½ cup of Butter
2 cups heavy Cream
2 cloves of Garlic, crushed
3 cups of freshly grated Parmesan cheese
½ cup of red and yellow Pepper (finely diced)
1 can of Rotel Tomatoes

Preparation:

Melt butter in medium sauce pan over low heat.
Add red and yellow peppers until just getting soft then add cream and simmer for 5 minutes, then add garlic and cheese, whisking quickly, heating through.
Pour over chicken and serve.