

RECIPE: Italian Chicken Roll-ups

Number of Servings:

	8		16		24		32	
	Single		x2		x3		x4	
Ingredients:								
boneless, skinless chicken breast halves	8	halves	16	halves	24	halves	32	halves
thinly sliced deli ham	8	slices	16	slices	24	slices	32	slices
sliced provolone cheese, halved	4	slices	8	slices	12	slices	16	slices
seasoned bread crumbs	2/ 3	cup	1 1/3	cup	2	cups	2 2/3	cups
grated Romano or Parmesan cheese	1/ 2	cup	1	cup	1 1/2	cups	2	cups
minced fresh parsley	1/ 4	cup	1/ 2	cup	3/ 4	cup	1	cups
milk	1/ 2	cup	1	cup	1 1/2	cups	2	cups
cooking spray								

Note: 8 chicken breast halves will be approximately 2 pounds of breast. 8 slices of deli ham is approximately 4 ounces.

Flatten chicken to 1/4 inch thickness. Place a slice of ham and half slice of Provolone cheese on each piece of chicken. Roll up from a short side and tuck in the ends; secure with a toothpick. In a shallow pie dish, combine bread crumbs, Romano or Parmesan cheese and parsley. Pour milk into another bowl. Dip roll-ups in milk, then roll in bread crumb mixture. Place roll-ups on a greased baking sheet, seam side down. Spritz with cooking spray. Bake uncovered, at 425°F for 25 minutes or until juices run clear. Remove toothpicks before serving.

For OAMC: In a shallow pie dish, combine bread crumbs, Romano or Parmesan cheese and parsley. Pour milk into another bowl. Dip roll-ups in milk, then roll in bread crumb mixture. Wrap each of the roll-ups in plastic wrap; place in a large freezer bag. Remove as much air as possible from freezer bag and seal. Freeze for up to 2 months. To use: Completely thaw in the refrigerator. Unwrap roll-ups and place on a greased baking sheet. Spritz with the nonstick cooking spray. Bake, uncovered, at 425°F for 30 minutes or until juices run clear.