

Chicken

Italian Chicken Cordon Bleu

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Servings: 6

Start to Finish Time: 30 minutes

2 tablespoons butter, cubed
1/2 teaspoon rubbed sage
6 4-ounce boneless skinless chicken breast halves
1 medium green pepper, julienned
1/3 cup fresh mushrooms, sliced
1 can (15 oz) tomato sauce
1 teaspoon sugar
1 teaspoon dried oregano
1/2 teaspoon salt
1/2 teaspoon garlic powder
1/2 teaspoon lemon-pepper seasoning
6 slices deli ham
6 slices Swiss cheese
hot cooked rice (optional)

Place the butter and sage in a microwave-safe 11x7-inch dish.

Microwave, uncovered, on HIGH for 30 seconds or until the butter is melted.

Place the chicken in the dish. Turn to coat.

Top with the green pepper and mushrooms.

Microwave, uncovered, on HIGH for 8 to 10 minutes or until the chicken juices run clear, turning and rearranging the chicken twice.

Remove the chicken and vegetables. Keep warm.

Add the tomato sauce, sugar, oregano, salt, garlic powder and lemon-pepper to the cooking juices. Mix well.

Microwave, uncovered, on HIGH for 2 minutes or until heated through.

Return the chicken to the dish.

Top with the ham, cheese and green pepper mixture.

Microwave on HIGH for 2 minutes or until the cheese is melted.

Serve with rice, if desired.

Per Serving (excluding unknown items): 608 Calories; 37g Fat (54.5% calories from fat); 59g Protein; 9g Carbohydrate; 1g Dietary Fiber; 180mg Cholesterol; 833mg Sodium. Exchanges: 0 Grain(Starch); 7 1/2 Lean Meat; 1/2 Vegetable; 4 1/2 Fat; 0 Other Carbohydrates.