

Ham and Cheese Chicken Rolls

Vivian C Jeffries

The Pennsylvania State Grange Cookbook (1992)

Servings: 4

*4 chicken breast filets
4 thin slices cooked ham
4 thin slices Swiss cheese
2 tablespoons oil
1 can (10 ounce) cream of
broccoli soup
1/3 cup milk
1/4 cup green onions, sliced
1/8 teaspoon crushed
thyme*

Rinse the chicken and pat dry. Flatten the chicken between sheets of waxed paper. Layer each chicken breast with a slice of ham and cheese. Roll up like a jelly roll, securing with wooden picks.

In a skillet, cook in hot oil for 10 minutes or until brown. Drain.

Stir in the soup, milk, green onions and thyme. Bring to a boil. Reduce the heat. Simmer, covered, for 10 minutes or until the chicken is cooked through, stirring occasionally.

Transfer the chicken to a serving plate, removing the picks. Spoon the sauce over the top.

An alternative method is to prepare the chicken rolls omitting the oil and soup mixture by dipping the chicken in a chicken-coating mixture and baking at 400 degrees for 20 minutes.

Per Serving (excluding unknown items): 746 Calories; 53g Fat (64.3% calories from fat); 57g Protein; 9g Carbohydrate; trace Dietary Fiber; 184mg Cholesterol; 2084mg Sodium. Exchanges: 7 1/2 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 6 Fat.