

Cheese-Herb Chicken Medallions

Serves 6 as an entrée

Serves 12 as an appetizer

Ingredients:

6 boneless, skinless chicken breast halves (about 4 ounces each), all visible fat removed

1 tablespoon finely chopped fresh chives or 1 teaspoon dried

1 tablespoon finely chopped fresh basil or 1 teaspoon dried, crumbled

¼ teaspoon paprika

Freshly ground pepper to taste

3 ounces nonfat or part-skim mozzarella cheese, shredded, preferably chilled (about ⅔ cup)

2 carrots (optional)

Note: You can use fresh or dried herbs.

Directions:

1. Preheat oven to 400° F.
2. Rinse breasts on a flat surface. Evenly sprinkle each breast with chives, basil, paprika, and pepper.
3. Form cheese into 6 loose balls and place one in the center of each breast. Roll chicken around cheese, making sure the ends are tucked in. Tie each breast with twine to retain cheese.
4. Place breasts in an ungreased baking dish. Bake for 15 to 20 minutes or until chicken has turned white throughout. Allow chicken to cool for about 10 minutes before serving.
5. Meanwhile, prepare carrot curls. Using a potato peeler, pare carrots lengthwise into long, thin strips and soak in ice water for at least 10 minutes. Drain and pat dry.
6. To serve, cut each breast into ½-inch medallions. Arrange on a bed of carrot curls.

Nutrient Analysis:

(for entrée serving)

Calories 158

Protein 30g

Carbohydrates 1g

Total Fat 3 g

Saturated Fat 1 g

Cholesterol 62 mg

Sodium 157 mg