

# Cheese-Herb Chicken Medallions

*Yield: 6 servings*

## 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  
1/4 teaspoon paprika  
Freshly ground pepper to taste  
3 ounces nonfat or part-skim mozzarella cheese, shredded,  
2 carrots (optional)

## INSTRUCTIONS

*For Chicken*

1. Preheat oven to 400° F.
2. Place 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.

*For Carrot Curls*

1. 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.
2. To serve, cut each breast into 1/2-inch medallions. Arrange on a bed of carrot curls.

## NOTES

Serving Size: 1 breast

Nutrition Facts per Serving:

Calories 158  
Protein 30g  
Carbohydrate 1g  
Total fat 3g  
Saturated fat 1g  
Cholesterol 62mg  
Sodium 157mg