

# Chicken Cordon Bleu

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## Low Carb Version

4 boneless skinless chicken breasts  
8 slices of boiled ham; thin  
4 oz Deli Syle Swiss Cheese  
1 Tablespoon melted butter  
1 Large egg; beaten  
3/4 cup Parmesan cheese

Pound the chicken breasts to about 1/3" thick. Place ham on breast then 1 slice of the Swiss cheese. Roll up; secure with a toothpick. Dip each breast-roll into a mixture of the melted butter and beaten egg. Roll in Parmesan cheese and place on cookie sheet that has been covered with Reyonlds Release foil. (Or spray regular foil with Pam non stick cooking spray. Bake at 350°F for 30 to 35 minutes or until browned and tender.

Serves 4.

Less than 1 gram of carbs per serving.