

# Oven-Fried Chicken Cordon Bleu Bundles Stuffed with Bacon, Broccoli and Cheddar

From a Phillis Carey cooking class, Sept. 2011



*A lovely company meal - a pretty presentation.*

6 slices bacon, diced, cooked, drained

2 cups broccoli florets, cooked just until tender and coarsely chopped

4 small boneless skinless chicken breast halves

salt and pepper to taste

4 ounces cream cheese, softened

1 teaspoon Dijon mustard

1 cup cheddar cheese, grated

2 large eggs, mixed with 1 T. of water

1 cup dry bread crumbs (not Panko type)

1 tablespoon Italian parsley, minced

1/4 cup grapeseed oil, or vegetable oil

*Serving Ideas: This makes a lovely dinner entree - it has the broccoli inside, so you don't need another vegetable. Serve with a salad and a muffin or bread on the side.*

Carolyn T's Blog - Tasting Spoons:  
<http://tastingspoons.com>

## Servings: 4

*If you have an oven with a CONVECTION/BAKE setting, this is the ideal time to use it - it will brown the bundles better. If you do, you may want to reduce the cooking time of the by one minute after you turn the chicken over to brown the 2nd side. If you'd prefer, you can use asparagus instead of broccoli - use long spears, trimmed, mostly cooked, but not quite. You can use lowfat cream cheese if you'd prefer, and you can use less bacon than the recipe calls for.*

1. Preheat oven to 425°. Cook bacon and set aside to drain. Cook broccoli (can be done for a couple of minutes in the microwave). Cool completely. Trim chicken breasts and pound the thicker ends between two sheets of plastic wrap to an even 1/4 inch thickness, taking care not to tear the meat. Lightly season with salt and pepper.

2. FILLING: Place cream cheese in a small bowl. Using a fork, mash in the mustard, Cheddar cheese and cooked bacon. Divide the filling into equal portions and remove a small amount from each and set it beside the larger portions. Place the larger portion on the thinly-pounded chicken breast, then place a large mound of broccoli on top of the filling and press it down so it sticks as best as possible. Place the smaller amount of cheese filling on top, then gently pull half of the chicken breast over the top to cover the filling and using your hands, mound it so it sticks on all sides as best you can. CAN BE PREPARED THE DAY BEFORE UP TO THIS POINT. If you do make this ahead of time, when you take them out of the refrigerator, gently mound your hands over the stuffed bundles and squeeze so the chicken sticks completely around the chicken - or as much as possible.

3. Whisk eggs with water in a shallow bowl. Toss breadcrumbs with parsley in another bowl. Coat the chicken bundles with egg mixture and then dredge in breadcrumbs to coat well. You can do this preparation up to an hour before baking.

4. Pour the oil (do not use olive oil as it will burn) into a large 17x14 rimmed baking sheet and heat in the oven for 4 minutes or until very hot, but not smoking. Have the chicken at hand, pull the oven rack out (don't remove the pan from the oven unless you must) and place the chicken bundles on the pan, leaving ample room between pieces. Do not place more than 6 chicken breasts on one pan. You should hear the oil bubbling/sizzling some once you add the meat. Bake for 8 minutes. Carefully turn chicken over and bake another 6 minutes, or up to 8 minutes until chicken is cooked through.

Per Serving (excluding unknown items): 674 Calories; 43g Fat (58.1% calories from fat); 47g Protein; 23g Carbohydrate; 2g Dietary Fiber; 243mg Cholesterol; 782mg Sodium. Exchanges: 1 1/2 Grain(Starch); 6 Lean Meat; 1/2 Vegetable; 7 Fat; 0 Other Carbohydrates.