Oven-Fried Parm-Crusted Chicken Breasts with Prosciutto and Cheese Filling

From a Phillis Carey cooking class, 9/2015



4 pieces boneless skinless chicken breast halves
4 slices prosciutto, chopped
4 large basil leaves
1/4 cup sun-dried tomatoes, oil-packed, drained and chopped
1 1/2 cups Fontina cheese, grated (or use Provolone)
CRUMB MIXTURE:
3/4 cup dry Italian seasoned bread crumbs
1/2 cup Parmigiano-Reggiano cheese, grated (or Pecorino)
1 tablespoon fresh Italian parsley, minced
COATING and BAKING:
2 large eggs, lightly beaten with 1 T. water
1/4 cup olive oil, for the baking sheet
1/4 cup Italian parsley, chopped (garnish)

Per Serving (excluding unknown items): 983 Calories; 51g Fat (47.9% calories from fat); 107g Protein; 18g Carbohydrate; 1g Dietary Fiber; 380mg Cholesterol; 6745mg Sodium. Exchanges: 1 Grain(Starch); 14 1/2 Lean Meat; 0 Vegetable; 4 1/2 Fat.

Carolyn T's Blog: tastingspoons.com

Servings: 4

1. Using a sharp knife, butterfly the chicken breasts by slicing in half, horizontally, but not all the way through; just open it like a book. Lay on the prosciutto, a basil leaf and a tablespoon of the sun dried tomatoes on one side of the opened breast. Divide the cheese among the pieces, then fold top side over the filling. Press together firmly and try to seal the edges (chicken meat against chicken meat). May be refrigerated at this point up to a day ahead.
2. Preheat oven to 425°F. Combine the bread crumbs, Parm cheese and parsley on a shallow plate. Dip the chicken bundles in the egg mixture (keeping the edges together so they don't open up) and then in the breadcrumbs, coating well. (At this point the chicken can be chilled for up to an hour.)
3. Once oven is at temperature, pour the olive oil (approx 1 T. per chicken breast) into a rimmed large baking sheet. Use an "old" one as the oil and the baking may discolor the pan. Place pan in the oven to heat - about 3-4 minutes. It will be VERY hot and the olive oil may be smoking slightly. Add the chicken, top side down and bake for 7 minutes. Turn the chicken over (very carefully) and continue baking another 6-8 minutes or until chicken is cooked through. The chicken is done when the cheesy mixture begins to ooze out of the seam. If you are baking more than 4 of these, use a separate oven and another baking sheet to roast the chicken. If you have a convection oven that has a convection/bake cycle, use that, same temp and same amount of time. Garnish with chopped parsley and serve.
4. It is best to use smaller chicken breasts for this - don't include the chicken tender. If you buy very large breasts, trim some of the edges (and use for something else) to bring the size down to about 6-7 ounces per breast.