

Chicken Saltimboca

6 chicken breasts, flattened
6 thin slices of ham,
(to cut salt, use low sodium lunchmeat)
1 medium tomato, seeded and chopped
6 slices of Swiss cheese, thin
1/2 tsp. dry sage
1/3 cup dry bread crumbs (Italian style is best)
2 tbs parmesan cheese, finely grated
2 tbs parsley, dried, minced
4 tbs melted butter

Flatten chicken breasts in a zip-top bag with a rolling pin or other heavy utensil. Top each breast with a slice of ham, a slice of cheese, chopped tomato and a dash of sage.

Roll, jelly roll fashion, securing with toothpicks.

Combine bread crumbs, parmesan cheese and parsley.

Dip chicken in melted butter, roll in crumb mixture, and place in a greased baking dish. Drizzle remaining butter and crumbs over breasts and bake uncovered for 40-45 min. at 350'

Nutrition information: 313 calories, 30g protein,
7g carbohydrates, 18g fat, 10g saturated fat,
98mg cholesterol, 595mg sodium.