

Laughing Cow Chicken Cordon Bleu

Ingredients:

4 - 4 oz chicken breasts

(if you use the bagged frozen breasts, then cut each in $\frac{1}{2}$ as each breast is 2 servings or about 8 oz)

4 wedges LITE Laughing Cow cheese (I used Garlic & Herb)

4 servings extra lean ham (maybe Deli Select)

1 cup breadcrumbs (I used Progresso Garlic & Herb flavored)

Directions:

- 1) Preheat oven to 400 degrees.
- 2) Pound each to about 1/4 inch thickness. (I do this by putting in a zip top bag and using a heavy bottomed frying pan)
- 3) Spread one wedge of cheese on top of each breast.
- 4) Place 1 serving of ham (mine was 2 slices) on breast.
- 5) Roll up the chicken and secure with toothpicks.
- 6) Pour breadcrumbs on a plate.
- 7) Very lightly coat the chicken with breadcrumbs. (You will NOT use all the crumbs).
- 8) Place on a baking sheet lined with parchment paper or sprayed with cooking spray and bake for 30 to 35 minutes.

5 Points per piece