



Rolled Chicken Breast with Cheese

I'm always looking for something exciting to do with chicken breast. I got this one from a YouTube video, but unfortunately didn't catch the Tuber.

1. Take 2 boneless skinless chicken breasts and split each into 2 pieces, as if you were going to make cutlets.
2. Between two pieces of wax paper, saran wrap, or parchment paper, pound each cutlet to thin them out.
3. Mix the following two ingredients together.

2 tblsp mayonaise
1/2 tblsp mustard

4. Brush the tops of the cutlets with the mayo / mustard mixture. (save some for topping)
5. Mix the following three ingredients together.

4-6 oz. shredded cheese (I believe we used asiago. Use a cheese that doesn't get runny when melted.)
1 cup or so of parsley (you can add other herbs if desired)
1 clove garlic, pressed

6. Pile the cheese / parsley mixture on the thickest half of each chicken cutlet. (save some for topping)
7. Starting with the cheesed end, roll the cutlet as snug as you are able. Try not to squeeze out the cheese.
8. As each cutlet is rolled, place into a well-oiled pyrex baking dish. When you have all four in the dish, position them so they will stay rolled.
9. Brush the tops with the remaining mayo / mustard mixture.
10. Bake at 350 degrees for 30 minutes. (internal temperature should be about 160-165 degrees.)
11. Top with remaining cheese / parsley mix.
12. Bake for an additional 5 minutes. Feel free to throw a little more parsley on top after removing from the oven.