



GROUP 6  
GREAT POULTRY DISHES

3

## SWISS CHICKEN CUTLETS

Whip up this special, easy-to-fix chicken with fluffy steamed rice, and you have the ideal dish for unexpected guests.



- Low-fat Swiss cheese reduces fat content
- A light sauce of chicken broth replaces cream
- Relatively low-calorie

*Delicious!*



**PREPARATION TIME**  
10 minutes

**COOKING TIME**  
13 to 15 minutes

SWISS CHICKEN CUTLETS • *Healthy Meals in Minutes™*

SERVES 4

- 2 thin slices reduced-fat Swiss cheese (about 2 ounces)
- 4 chicken cutlets (4 ounces each), ¼ inch thick
- 2 tablespoons all-purpose flour
- ½ teaspoon black pepper
- 1 tablespoon unsalted butter or margarine
- ¾ cup reduced-sodium chicken broth
- ¾ cup dry white wine or reduced-sodium chicken broth
- ¾ teaspoon dried oregano
- Chopped fresh parsley and fresh oregano sprigs for garnish

**1** Cut each cheese slice in half; place 1 half on top of each cutlet. Starting with a short end, tightly roll up cutlets, jelly-roll style. Tie securely with string.

**PER SERVING:** Calories 223 (30% from fat) Carbohydrates 4 g Protein 32 g Sodium 178 mg Fat 7 g Cholesterol 84 mg

**2** On waxed paper, combine flour and pepper. Mix well. Add cutlets; toss gently to coat.

**3** In a large nonstick skillet, melt butter over medium heat. Add cutlets; cook, turning frequently, until golden, about 3 minutes.

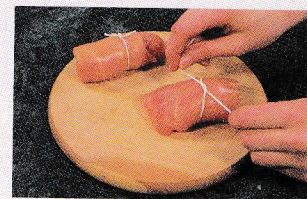
**4** Add broth, wine, and dried oregano to skillet. Increase heat; bring to a boil. Reduce heat to medium-low; simmer until chicken is cooked through and sauce is slightly thickened, about 10 to 12 minutes. Place on a serving plate; remove string. Garnish with parsley and oregano sprigs.



**FREEZER**

Freeze unrolled cutlets in advance. Pound as directed in Cook's Tips, wrap individually in plastic wrap, and freeze for up to 6 months. Thaw in the refrigerator.

**COOK'S TIPS**



*To prepare the chicken rolls,* tightly roll up cheese-topped cutlets, then tie securely with string so the rolls hold their shape during cooking.



*If cutlets* are unavailable at your market, simply pound skinless, boneless chicken breast halves between 2 sheets of waxed paper to a ¼-inch thickness.