

Chicken Roulades

Courtesy of Carole's Creations

Prep Time: 45 minutes

Cooking Time: 20 minutes

Serves: 4

CChints: Roulade is a French word that means a slice of meat rolled around a filling and cooked. Save the oil from the sun-dried tomatoes and use it for salad dressing and pasta sauces. Shallots are small purplish sweet, mild onions.



4 boneless, skinless chicken breasts

2/3 cup sun-dried tomatoes + 3 teaspoons of the packing oil, divided

4 shallots, diced

1/3 cup diced ham of your choice, each will deliver a different flavor

2 slices of wheat bread, crumbled

1/3 cup shredded mozzarella & provolone cheese

1 tablespoon fresh oregano, chopped

1 teaspoon dried thyme

salt and pepper to taste

1/8 cup reduced fat mayonnaise

1/4 cup Dijon or Dijonnaise (Dijon mustard has a stronger flavor than Dijonnaise)

1 tablespoon honey

Serve with your favorite steamed vegetables or a side salad

Heat oven to 425 degrees F. and locate a baking pan large enough for 4 roulades about 8x8 or larger.

Rinse chicken, pat dry and lay on a plate. Roll out about 18 inches of plastic wrap on your work surface. Lay a piece about 3 inches from one end of the plastic wrap and fold the other end over. With a flat surface meat mallet or heavy skillet, pound each piece about 1/2 inch thick and return it to the plate. Discard the plastic wrap.

Add 1-1/2 teaspoons sun-dried tomato oil to a large non-stick skillet over medium heat. Add the chicken and brown on one side only for 2 minutes until slightly browned. You don't want them too brown or they will be too stiff to roll up. Remove from the pan and lay on a clean cutting board until the filling is ready.

Add the remaining oil to the pan, add the shallots and ham cooking for 2 minutes. Remove the pan from the heat and stir in the bread through thyme.

Divide the filling into 4 equal portions and mound it in the center of piece of chicken. Roll up each piece of chicken and place them seam side down in the baking pan. The brown side should be on the outside of each roulade or roll-up.

In a small mixing bowl, combine the mayonnaise through honey and spread it over each piece. Bake for 16 minutes or until the juices in the pan are clear. While the chicken bakes, clean all surfaces that came in contact with the raw chicken and prepare your side dish(es).

To plate the chicken, cut each piece into one inch wide slices so you can see the filling. Add your side items and enjoy.