

Tomato Basil Chicken Roulade

THE JAMES
Mobile
Education
Kitchen

Diabetes Friendly

Items Needed: cutting board, knife, skillet, spatula, baking sheet, meat tenderizer or rolling pin, ziploc bag or plastic wrap.

Serves: 4

Ingredients:

- 2 chicken breasts
- 6-10 leaves of basil
- 3 slices of provolone cheese or ½ cup shredded mozzarella cheese
- 1 tsp oregano or Italian seasoning (whichever you prefer.)
- 1 roma tomato, or 1 tbsp of sundried tomato pesto
- 1 tbsp olive oil
- salt and pepper to taste

Directions:

1. Preheat your oven to 400 degrees.
2. Lay your chicken out on your cutting board and cut horizontally to filet them open.
3. Place them either in a plastic bag one at a time, or on the cutting board covered with plastic wrap. Lightly tenderize the chicken and make sure you aren't applying too much pressure to the meat so that it splits. Once you have pressed the meat out to thin layers about a ¼ of an inch thick remove from plastic and begin to fill with our toppings, spread out a layer of cheese, Italian seasoning, sliced tomatoes and basil leaves.
4. Roll the chicken into a roulade with the crease on the bottom. Repeat with the second chicken breast and salt the round prior to going into the pan.
5. Heat your saute pan to medium heat and add olive oil.
6. Place rounds in pan with the crease down first (this will seal the chicken and get a nice golden brown color on one side.)



7. Let cook 4-5 minutes per side or until each side has a nice crispy finish. Remove from pan and place on a baking sheet to finish in the 400 degree oven. (if your pans are oven safe you can transfer it directly to the oven to finish cooking the chicken.
8. It is cooked through when the temperature of your chicken is 165 degrees. (should take approximately 5-10 minutes) but will depend on the size of the chicken utilized.

Nutrition Information (per ¼ recipe):

Calories: 258 Fat: 9.7 g Carbs: 2.7 g Protein: 38 g Fiber: .7 g Sodium: 250 mg

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