

Swiss Chicken Cutlets

2 thin slices reduced fat Swiss cheese (about 2 ounces)
4 chicken cutlets (4 oz each), ¼ inch thick
2 tablespoons all purpose flour
¼ teaspoon black pepper
1 tablespoon unsalted butter or margarine
½ cup reduced sodium chicken broth
¾ cup dry white wine or reduce sodium chicken broth
¼ 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.
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 10–12 minutes. Place on a serving plate; remove string. Garnish with parsley and oregano sprigs.

*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.

Note: When I prepared this, it was a little bland. I would suggest adding salt and whatever other spices you enjoy. It was very good though.