

Parmesan Crusted Chicken Roll Ups



Ready in **45 minutes**

Serves **4 people**

You Will Need:

- 2 large chicken breasts; boneless and skinless
- 1 c. skim milk
- 1 lemon; juiced
- 1 c. Panko bread crumbs
- ½ c. Parmesan cheese
- 1 tbl. Italian seasoning
- 1 tsp. Garlic salt
- Salt and pepper to taste
- 4 slices swiss cheese
- 1 c. packed fresh spinach
- 4 toothpicks

Preparation

1. **Preheat oven to 400 degrees.**
2. In a food processor, add panko bread crumbs, parmesan cheese, italian seasoning, and garlic seasoning. Process until evenly mixed.
3. **In a small mixing bowl**, add milk and lemon juice. Whisk together.
4. **Butterfly the chicken breasts** then cut in half. Salt and pepper both sides.
5. **Beat chicken with a meat tenderizer** until thin (about ¼ of an inch).
6. **Grease a baking dish** with cooking spray of choice.
7. **Smother chicken breast in milk and lemon mixture**, cover chicken in parmesan and breadcrumb mixture after.

Press breadcrumbs into chicken and shake loose extra breadcrumbs.

8. **Lay chicken flat and add swiss cheese and spinach.** Roll chicken and poke with a toothpick through the middle.
9. Place chicken roll on greased baking dish.
10. **Bake at 400 degrees for 30-35 minutes,** or until chicken is cooked through and bread crumbs are browned.
11. Remove toothpicks and garnish with fresh parsley.

Tips

You can also use buttermilk in lieu of skim milk and lemon. Also, if you want the bottom of the chicken to be more crispy, you can put it on a rack before you bake it.