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CHICKEN KIEV ROLL-UPS

(Serves 6)

1 T. dried parsley flakes
1 T. dried chives
½ t. garlic powder
6 boneless and skinless chicken breast halves
(1¾ to 2¼ lbs total)
½ t. salt
½ t. black pepper
½ t. parmesan cheese
3 T. butter, cut into 6 equal slices
1 T. seasoned bread crumbs, divided
1/8 t. paprika

Preheat oven to 350°F.

In small bowl, combine the parsley, chives, garlic powder and parmesan cheese; set aside. Between 2 pieces of waxed paper, gently pound the chick to ¼ inch thickness with a mallet or rolling pin.

Sprinkle both sides of each breast lightly with salt and pepper, then sprinkle 1 T. of parsley mixture on one side of each chicken piece.

Place a slice of butter in the center of each piece of chicken and roll each chicken breast tightly, tucking in the sides as you roll.

Place the rolls seam side down in medium-sized muffin tins that have been coated with non-stick vegetable spray; sprinkle ½ t. of the seasoned bread crumbs and some paprika over each roll.

Bake for 25 to 30 minutes or until no pink remains and the juices run clean. Serve immediately.