

# Chicken Rolls Asparagus-Stuffed

Notes

- 1 pk .....Fresh Asparagus spears
- 2 .....Chicken breasts boneless skinless
- 1 tbsp .....Mustard
- 4 .....Sage leaves
- 2 .....Provolone cheese
- 2 .....Ham slices deli
- ¼ cup .....Flour all-purpose
- 1 .....Egg, lightly beaten
- 1 tsp .....Milk
- ½ cup .....Parmesan cheese
- ½ cup .....Bread crumbs
- 1 ¼ tsp .....Butter
- 1 ¼ tsp .....Olive oil
- 1 can .....Pam

1. Place asparagus spears in microwave 3 minutes.
2. Flatten chicken, layer in this order on one side of each chicken, mustard (spread), 2 sage leaves, provolone cheese, ham slice and 4 asparagus spears. Fold chicken over asparagus and secure with toothpicks.
3. Set up 3 shallow bowls. Place flour in bowl 1. Wisk egg and milk together in bowl 2. Place Parmesan cheese and breadcrumbs in bowl 3. Process chicken rolls through bowls 1, 2 and 3.
4. Brown chicken in a large skillet with butter and oil.
5. Transfer breaded chicken to a baking dish or pan. Bake at 350° for 20-25 minutes.