



Chicken Cordon Bleu with Lemon Garlic Green Beans

Ingredients:

Chicken:

3 chicken breasts pounded to 1/2 inch thick
6 slices of prosciutto ham
1 cup of shredded gruyere cheese
1 cup of shredded Swiss cheese
1 cup of flour
3 egg yolks
2 tablespoons of water
1 cup of bread crumbs
1/2 cup of finely grated Parmesan cheese
1 tablespoon of dry oregano
1 tablespoon of dry thyme
1 tablespoon of dry basil
1 tablespoon of granulated garlic
1 tablespoon of onion powder
1/4 cup of olive oil
Kosher salt and fresh cracked pepper to taste

Dijon Sauce:

1 cup of heavy whipping cream
1 tablespoon of grainy mustard
1 tablespoon of Dijon mustard
1 cup of yellow mustard
Kosher salt to taste

Green Beans:

1 pound of green beans
3 finely minced cloves of garlic
Juice of 1/2 lemon
Zest of 1 lemon
1 tablespoon of olive oil
Kosher salt and fresh cracked pepper to taste

Makes 3 servings



Preparation:

1. Once the chicken is pounded out, season the inside with salt and pepper.
2. Lay 2 slices of prosciutto ham on each chicken breast.
3. Evenly spread shredded gruyere and Swiss cheese over the ham.
4. Roll up each chicken with prosciutto and shredded cheeses until they are tight.
5. Cover with plastic and place in the refrigerator.
6. In the meantime, place flour, salt and pepper in a small pan.
7. Whisk together egg yolks and water until combined in a pan.
8. Mix together bread crumbs, Parmesan cheese, dry herbs, onion and garlic to establish a standard breading procedure.
9. Once this is set up, remove the chicken from the refrigerator.
10. Dredge in the seasoned flour followed by coating in the egg wash.
11. Finish in the herb bread crumbs until completely covered on all sides.
12. Place the breaded chicken in a hot sauté pan with olive oil.
13. Cook on all sides until golden brown, about 1 minute per side.
14. Finish in the oven on 375°F for 10 to 12 minutes.
15. Once cooked, remove from the oven and pan and slice before serving.

For the Sauce:

1. Simply cook the heavy cream in a hot sauté pan until it becomes very thick.
2. Finish by whisking in mustards and salt and keep warm.
3. In a separate large hot sauté pan in 1 tablespoon of olive oil, sauté the green beans for 3 to 4 minutes.
4. Add in garlic, lemon juice, lemon zest, salt and pepper and sauté for another 1 to 2 minutes.
5. Serve the sliced chicken with the mustard sauce, alongside the lemon garlic green beans.