

Cordon Bleu Stuffed Chicken

Combining two classic dishes into one spectacular supper puts common chicken on a new level. Try it tonight!

Two classics join forces for one top-shelf dinner—Cordon Bleu and Veronique. Ham, cheese, grapes, and butter sauce. What could be better?

♦**Pocket Chicken:** It's easy to cut a pocket into a breast, just take your time. Insert knife tip into the thick end of the breast. Using small cutting motions, move the tip to create a pocket. By keeping the entry cut small, the stuffing won't leak out.

♦**Stuff It:** I use a soft flavorful cheese like fontina because it melts well and has a mild, nutty flavor. Wrap it with dry cured ham (prosciutto) to keep it from oozing out of the pocket.

♦**Grape Taste:** Okay, I'm not a big meat and fruit fan, but I have to admit, cheese and fruit is an absolute natural pairing. This works well here, and you'll love it. Use either green or red grapes—seedless, of course.

Cord

Makes



1 Use a pocket small



2 Wrap cheese pocket



3 Finish to wa don't

Cordon Bleu Chicken with Almond Couscous

Makes 4 Chicken Breasts

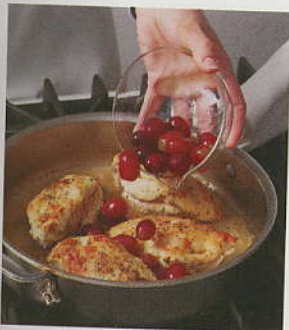
Total Time: 45 Minutes



1 Use a boning knife to make a pocket in each breast using small back-and-forth strokes.



2 Wrap the ham around the cheese, then slide it into the pocket. Secure with toothpicks.



3 Finish by adding the grapes just to warm them through; they don't need to cook.

ingredients:

Cut; Dredge; Saute:

- 4 boneless, skinless chicken breast halves (4–6 oz. each)
- 2 thin slices prosciutto, halved crosswise
- 4 small slices fontina cheese (1/2 oz. each)
- Salt and pepper
- 1/4 cup all-purpose flour
- 2 T. unsalted butter

Add:

- 1/4 cup shallots, minced

Deglaze with; Add:

- 3/4 cup dry white wine
- 1/2 cup chicken broth
- 1 T. minced fresh thyme
- 3 T. cold unsalted butter, cubed
- 1 cup red grapes

directions:

Preheat oven to 375°.

Cut a pocket into the wide end of the chicken breast. Wrap prosciutto around each piece of cheese and insert cheese packet into the pocket. Secure each pocket with a toothpick. Season with salt and pepper. Dredge chicken in flour, then saute in butter in a large oven-proof saute pan over medium-high heat for 4–5 minutes. Flip chicken and transfer pan to the oven. Roast for 8 minutes, or until chicken reaches 160°.

Remove chicken from pan and keep warm. Add shallots to the same pan and saute for 2 minutes over medium-high heat.

Deglaze with wine, scraping up browned bits from the pan. Add broth and thyme, and simmer until reduced by half, about 5 minutes. Reduce heat to low, add butter, and swirl until melted. Return chicken to pan to heat through. Add grapes and stir to coat with sauce. Remove toothpicks from chicken and serve with sauce and Almond Couscous.

Per serving: 419 calories; 62% calories from fat; 29g total fat; 16g carb.; 234mg sodium; 1g fiber; 22g protein

tip: COUSCOUS

Although it looks like a grain, couscous [KOOS-koos] is actually a pasta. A staple in Mediterranean cooking, it's a natural for weeknight use because it's super fast to prepare and incredibly versatile. Keep a box or two in your pantry and see how handy it is when you need an easy, super-quick side dish.



menu EXTRAS

Complete this elegant dinner with the addition of:

Roasted Asparagus,
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ON THE SIDE

Almond Couscous

Makes 2 Cups

Total Time: 15 Minutes

Bring to a Boil; Stir in:

- 1/2 cup chicken broth
- 1/2 cup dry white wine
- 1/2 t. kosher salt
- 3/4 cup plain dry couscous

Finish with; Stir in:

- 2 T. heavy cream
- 1/4 cup slivered almonds, toasted

Bring broth, wine, and salt to a boil; stir in the couscous. Cover, remove from heat, and let steam 5 minutes.

Finish with cream and fluff with a fork. Stir in almonds.

Per 1/2 cup: 224 calories; 31% calories from fat; 8g total fat; 28g carb.; 262mg sodium; 2g fiber; 7g protein