

# chicken mozzarella roll-ups



Total Time: **55 minutes**

Prep Time: **20 minutes**

Cook Time: **35 minutes**

**ingredients** (Servings: 4 as a main course)

4 small (4 ounces each) boneless, skinless chicken breasts

12 large, fresh basil leaves, rinsed and patted dry

4 pieces roasted red pepper (available in jars), about 2 inches by 5 inches, ribs and membrane trimmed, patted dry

4 ounces shredded reduced-fat mozzarella cheese (about 12 Tablespoons)

1 1/2 cups canned, plain tomato sauce

*Optional*

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For extra flavor, add 1/2 teaspoon of dried oregano to the tomato sauce.

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## directions

**step 1:** Preheat the oven to 375 degrees F. Place 2 chicken breasts in a 1 gallon Ziploc® Brand Freezer Bag and seal. Working from the thinnest to the thickest part of the chicken breast, pound each piece with a rolling pin, meat mallet or the bottom of a heavy skillet, being careful not to tear the meat, until it is 1/4-inch thick and approximately the size and shape of a 4-by-8-inch rectangle. Remove the chicken from the bag and set aside on a clean plate. Repeat with remaining chicken breasts.

**step 2:** Lay the chicken breast on a clean

work surface or cutting board in front of you, horizontally, with one long (8-inch) edge toward you and the smooth side down. Layer each piece with 3 basil leaves, 1 piece of roasted red pepper and 2 Tablespoons of the shredded mozzarella (reserve remaining mozzarella for later). Roll one long edge toward the other long edge to enclose fillings—like a wrap—making sure the edges overlap slightly. Fold in the loose (short) ends and secure with toothpicks on each side.

**step 3:** Pour 1 cup of the tomato sauce into a 9-by-12-inch nonaluminum baking dish that's at least 2 inches deep, and distribute

sauce evenly over bottom of dish.

**step 4:** Place the rolled chicken breasts, seam side down, in the baking dish. Top each roll with the remaining 1/2 cup of tomato sauce (about 2 Tablespoons each) and bake uncovered for 30 minutes.

**step 5:** Sprinkle the remaining 4 Tablespoons of shredded mozzarella (1 Tablespoon each) over the top of each chicken roll and broil on a low setting for an additional 5 minutes until the cheese melts and browns on top.

**step 6:** Remove the baking dish from the oven, transfer the chicken breasts to plates, carefully remove toothpicks, spoon any

remaining sauce from the baking dish around the chicken and serve immediately.

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