

Parmesan-Crusted Stuffed Chicken



- 24 fresh asparagus spears
- 1 1/2 tablespoons mayonnaise
- 1 tablespoon honey
- 1/2 tablespoon prepared mustard
- 1/4 cup white rice flour
- 1/4 cup corn starch
- 1/4 teaspoon garlic powder
- 1/8 teaspoon salt
- Pinch ground cayenne pepper
- 1 cup Yumee Yumee Saltees Cracker crumbs, or gluten-free cracker or bread crumbs
- 1/2 cup grated Parmesan cheese
- 1/4 teaspoon garlic powder
- 2 eggs, beaten
- Pinch of salt
- 1/4 cup milk
- 8 chicken breast fillets
- 4 slices Provolone cheese, cut in half
- 4 slices deli ham, cut in half
- 2 tablespoons canola oil
- 2 tablespoons butter
- 1/4 cup Pinot Grigio, or other white wine

In a large skillet, bring 1/2 inch water to a boil. Add asparagus and cook for 3 minutes. Drain. Place asparagus in ice water. Drain and pat dry. Set aside.

In a small bowl, combine mayonnaise, honey, and mustard. Mix well.

In a medium bowl, combine flours, garlic powder, salt, and cayenne pepper. Mix well.

In a separate bowl, combine Saltees crumbs, Parmesan cheese, and garlic powder. Mix well.

In another bowl, combine eggs, salt, and milk. Mix well.

Spread honey mustard mixture over top of each chicken breast fillet. Top each fillet with Provolone cheese, ham, and 3 asparagus spears. Roll each fillet jelly-roll style around the asparagus spears and secure with a tooth pick. Dredge chicken in flour mixture. Dip in egg mixture. Roll chicken in Saltees mixture.

In a non-stick skillet, brown all sides of each chicken roll in oil and butter over medium heat. Place rolls in a greased 10 x 14 inch baking dish. Add wine to skillet, stirring to deglaze pan. Pour over chicken in baking dish.

Bake chicken uncovered at 350 degrees for 25 to 30 minutes, or until juices run clear.

Serves 8