



CHEESE SAUCES

## Unrolled Chicken Cordon Bleu



BAY VALLEY  
F O O D S

# Unrolled Chicken Cordon Bleu

1 Serving

## INGREDIENTS:

## AMTS:

## PROCEDURE:

## NUTRITION

Chicken breast, double-lobed,  
boneless, skinless

1 8-oz.

Season the breast with salt and pepper  
and broil or sauté until fully cooked.

Salt and white pepper

To taste

Put the breast on a sizzler or in a  
flameproof pan.

Lean ham, thinly sliced

2 oz.

Lay ham slices over the breast.

**Bay Valley Food's Monterey Jack  
Cheese Sauce**

2 oz. (1/4 cup)

Cover well with cheese sauce. Sprinkle  
with Parmesan and brown lightly  
under a broiler or cheese melter.  
Serve very hot.

Parmesan cheese, grated

1/2 tsp.

### Per serving:

464 calories

68 g protein

3.5 g carbohydrate

0 g fiber

18 g fat

7 g saturated fat

194 mg cholesterol

643 mg sodium

### CHEF'S TIP:

• A red garnish adds a nice color: strips of roasted red bell pepper, a tomato rose, or just a sprinkling of paprika or cayenne.



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