

Parmesan Chicken

Chicken, ham and cheese sandwich fillings roll up in an easy Bisquick bundle. Who needs a bun?

Prep Time: approx. 15 Minutes.

Bake Time: approx 25-33 Minutes.

Ready in approx: 50 Minutes. Makes 4 sandwiches.



2 cups	Original Bisquick mix	475 ml
1/2 tsp	garlic powder	2 ml
1/2 cup	boiling water	120 ml
4 slices	provolone cheese	4 slices
4 slices	cooked ham	4 slices
4 large	uncooked chicken breast tenders	4 large
1 Tbsp	butter or margarine, melted	15 ml
4 tsp	grated Parmesan cheese	20 ml
1 cup	tomato pasta sauce, heated	235 ml

Directions

- 1** Heat oven to 375°F (190°C) [if using dark or nonstick pan, heat oven to 350°F/175°C]
- 2** In medium bowl, stir Bisquick mix, garlic powder and boiling water with a fork until dough forms. Divide dough into fourths. Place dough pieces on surface dusted with Bisquick mix; roll in Bisquick mix to coat. Press each piece into 18 x 13 cm (7x5-inch) rectangle, 1/2 cm (1/4-inch) thick.
- 3** Center one cheese slice and one ham slice on each rectangle, folding to fit if needed. Top each with 1 chicken tender. Starting at 13 cm side, roll up each bundle. Press ends and seam to seal. Tuck ends under. Place seam side down on ungreased cookie sheet. Brush with butter; sprinkle with Parmesan cheese.
- 4** Bake 25 to 30 minutes or until meat thermometer inserted in center of chicken reads 170°F and bundles are golden brown. Serve topped with pasta sauce.

Recipe courtesy of General Mills