



PUJOLS FAMILY FOUNDATION BATTER UP COOKING PROGRAM

CHICKEN SPIEDINI

1 ¼ pound thinly sliced boneless, skinless chicken breasts (6 pieces)

1 cup fine dry bread crumbs

½ cup shredded parmesan cheese

2 teaspoons Italian herb seasoning

1 tablespoon grated lemon peel

3 cloves garlic, minced

3 tablespoons butter

3 tablespoons olive oil

1. Soak 6 long bamboo or wooden skewers in cold water for 30 minutes.
2. On waxed paper, combine bread crumbs, cheese, Italian seasoning, lemon peel, and garlic.
3. Place butter in glass pie plate. Microwave (high) 30 seconds or until melted. Stir in olive oil.
4. Dip chicken in butter mixture, then coat in crumb mixture.
5. Tightly roll up chicken and secure with wooden picks. Place back in the pie plate that the butter was in. Cover and chill 15 minutes or overnight.
6. Slice chicken crossway into 1-inch-thick slices. Thread slices onto skewers; remove wooden picks.

TO BROIL: Place skewers on foil-lined jellyroll pan and broil 4 inches from heat source until chicken is no longer pink, about 4 to 5 minutes per side.

TO GRILL: Place skewers on lightly oiled grid over medium-high heat; cover and grill until chicken is no longer pink, about 5 minutes per side.

Makes 6 servings.

