



PUJOLS FAMILY FOUNDATION BATTER UP COOKING PROGRAM

MUSHROOM SWISS CHICKEN BAKE

1 cup panko (Japanese-style breadcrumbs)

½ teaspoon salt

¼ teaspoon ground black pepper

½ cup egg substitute

6 boneless, skinless chicken breasts (about 7 ounces each), pounded to ½-inch thickness

¼ cup butter

1 package (8 ounces) sliced mushrooms

2 teaspoons Italian Herb seasoning

¼ cup chicken broth

6 slices Swiss cheese

1. Coat 9 x 13-inch baking dish with no-stick cooking spray; set aside.
2. On sheet of waxed paper, combine panko, salt, and pepper. Pour egg substitute into glass pie plate or shallow dish.
3. Dip chicken pieces in egg substitute, letting excess drip off. Dip in crumb mixture to lightly coat.
4. Place chicken in single layer in prepared pan; set aside.
5. In large skillet over medium-high heat, melt butter. Add mushrooms and Italian seasoning, stirring to coat; cook without stirring until browned on bottom, about 5 minutes.
6. Stir and continue cooking until evenly browned, about 3 minutes. Add chicken broth and stir to scrape up any browned bits from bottom of pan.
7. Pour sauce over chicken. Place one cheese slice on top of each piece of chicken.
8. Bake in 350 degree F oven until internal temperature is 165 degrees, about 30 to 35 minutes.

Makes 6 servings.

