
CRUSH IT! Café: Cuban Chicken Roll-ups

This recipe is a lower-calorie spin on the classic Cuban sandwich. We love all the different flavor notes in this recipe from the tangy pickle, to smoky swiss cheese and salty crunch from the outside shell. Pairs nicely with a side of fresh greens, this lower carb option will satisfy your taste buds.

Ingredients:

6 boneless, skinless diced chicken breasts (4oz. each)
12 slices (4oz.) deli ham
6 pickles, thinly sliced
3 slices (18g) swiss cheese
1 whole egg
1 serving (3T, 46g) liquid egg whites
1 cup (112g) Italian bread crumbs
¼ tsp each: salt, pepper, garlic powder, onion powder

Directions:

Preheat oven to 350°F. Using a mallet and wax paper, pound chicken until about ½” thick. (For time saver, buy chicken cutlets which are already flattened, however typically smaller than a chicken breast, therefore macros may change. We recommend weighing your chicken before cooking for this recipe).

In a shallow bowl, whisk 1 egg and 1 egg white. Add ¼ tsp each: salt, pepper, garlic powder and onion powder. In another bowl, measure Italian bread crumbs.

Lightly spray a 9x13” glass dish. Set out ham, pickles and cut swiss cheese slices in half. Place ham, ½ slice cheese and pickle. Roll up tightly. Dip chicken in egg mixture then roll in breadcrumbs. Place roll-up in prepared baking dish. (You can secure chicken breasts with a toothpick if needed). Continue until all 6 are completed. Bake for approximately 22-25 minutes until lightly brown. Drain excess liquid and cool in pan for 5 minutes. Slice into rounds and serve.

Macros

Recipe makes 6 servings
Each serving: 255 calories, 33.3g Protein, 14.4g Carbohydrates, 7.3g Fat