

CHICKEN ROLL UPS

INGREDIENTS

- 10 Chicken Cutlets (about 2 1/2 lbs) (pounded to be thin)
- 1 1/2 C Duck Sauce **OR** Char-B-Que sauce
- 1 lb Kishke (thawed if frozen) (cut into 10 pieces) (see note below)
- 2 C Panko crumbs
- Non-stick cooking spray
- Parsley flakes (garnish) (optional)



DIRECTIONS

- 1 Pre-heat oven to 375 F
- 2 In a shallow bowl, pour Duck sauce
- 3 Fill a second shallow bowl with the panko crumbs
- 4 Working with one cutlet at a time, coat both sides in sauce & then lay in crumbs
- 5 Gently press the crumbs so they adhere to the cutlet on one side
- 6 Take one slice of kishka and form into a torpedo shape
- 7 Place the kishka on one end of the cutlet & roll up the cutlet around the kishka like you would a jellyroll
- 8 Spray your baking pan with the non-stick cooking spray
- 9 Place seam side of the chicken roll up down on a baking pan
- 10 Make sure you leave space between the chicken roll up
- 11 Repeat with remaining cutlets.
- 12 Garnish with the parsley flakes
- 13 Spray the tops of the roll ups with cooking spray
- 14 Bake at 375 F for (25 - 35 minutes)

NOTES

- 1 Serves 10
- 2 You can substitute roasted vegetables mixed with cooked & seasoned quinoa instead of Kishka

