- Prep Time: 20 minutes
- Cook Time: 35 minutes
- Total Time: 55 minutes
- Intensity Level: Easy / Beginner
- Yield: 4 servings (2 roll-ups per person)

Table of Contents

- Ingredients
- Step-by-Step Instructions
- Serving Suggestions
- Storage and Reheating
- Nutrition Information (Per Serving)

Ingredients

For the Roll-Ups:

- 4 large boneless, skinless chicken breasts (about 1.5 lbs or 680g total)

- 8 slices of deli ham (honey ham or smoked ham works well)
- 4 oz (115g) cream cheese, softened
- 1 cup (100g) shredded Swiss cheese (or Gruyère for a richer flavor)
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/4 teaspoon black pepper
- 1/4 teaspoon salt
- 1 cup (100g) Italian-style breadcrumbs
- 1/2 cup (50g) grated Parmesan cheese
- 1/2 cup (115g) unsalted butter, melted

For the Creamy Sauce (Optional but Recommended):

- 1 can (10.5 oz / 298g) condensed cream of chicken soup

- 1/2 cup (120ml) milk
- 1/2 cup (50g) shredded Swiss cheese
- 1/2 teaspoon Dijon mustard

For Garnish (Optional):

- Fresh parsley, chopped

Step-by-Step Instructions

1. Prepare the Chicken (Intensity: Medium)
Preheat your oven to 375°F (190°C). Lightly grease a 9×13-inch baking dish with non-stick spray or a little olive oil. Place each chicken breast between two pieces of plastic wrap. Using a meat mallet or the bottom of a heavy skillet, gently pound the chicken to an even 1/4-inch thickness. This is crucial for even cooking and easy rolling. Pat the chicken dry with paper towels and season both sides with salt, pepper, garlic powder, and onion powder.

2. Create the Cheese Filling (Intensity: Low)
In a medium bowl, combine the softened cream cheese and 1 cup of shredded Swiss cheese. Mix until smooth and well-blended. You can add a pinch of black pepper to the filling for extra flavor.

3. Assemble the Roll-Ups (Intensity: Medium)
Lay a pounded chicken breast flat on a clean work surface. Place two slices of ham on top,

covering most of the surface. Spread about 2 tablespoons of the cream cheese mixture over the ham. Starting from the narrow end, carefully roll the chicken up tightly, tucking in the sides as you go. Secure the roll with 2-3 toothpicks to prevent it from unrolling during baking. Repeat with the remaining chicken breasts.

4. The Breading Station (Intensity: Low)
Set up two shallow dishes. In the first, melt the butter. In the second, combine the Italian breadcrumbs and grated Parmesan cheese. Dip each chicken roll-up first into the melted butter, allowing any excess to drip off, then roll it in the breadcrumb mixture, pressing gently to ensure it adheres. Place the breaded roll-ups seam-side down in the prepared baking dish.

5. Bake to Golden Perfection (Intensity: Low)
Place the baking dish in the preheated oven and bake for 25-30 minutes, or until the chicken is cooked through (internal temperature reaches 165°F / 74°C) and the breadcrumbs are golden brown.

6. Prepare the Sauce (Intensity: Low)
While the roll-ups bake, whisk together the cream of chicken soup, milk, shredded Swiss cheese, and Dijon mustard in a small saucepan over medium-low heat. Stir until the cheese is melted and the sauce is smooth and warm.

7. The Final Touches (Intensity: Low)
Once the roll-ups are cooked, remove them from the oven and carefully discard the toothpicks. Pour the warm creamy sauce over the roll-ups in the baking dish, or serve it on the side for dipping. Garnish with fresh chopped parsley, if desired. Let the dish rest for 5 minutes before serving.

Serving Suggestions

These Cheesy Ham & Chicken Roll-Ups are a hearty main course that pairs beautifully with simple sides. Consider serving them with:

- Steamed green beans or roasted broccoli
- A side of egg noodles or mashed potatoes to soak up the delicious sauce
- A crisp, simple green salad with a light vinaigrette

Storage and Reheating

Store any leftovers in an airtight container in the refrigerator for up to 3 days. To reheat, place the roll-ups in a baking dish, cover with foil, and warm in a 350°F (175°C) oven for 15-20 minutes, or until heated through. You can also reheat them in the microwave, though the breading may lose some of its crispness.

Nutrition Information (Per Serving)

Disclaimer: Nutritional values are estimates and will vary based on specific ingredients and portion sizes used.

- Calories: ~580 kcal
- Total Fat: 32g
- Saturated Fat: 17g

- Cholesterol: 180mg
- Sodium: 980mg
- Total Carbohydrates: 22g
- Dietary Fiber: 1g
- Sugars: 3g
- Protein: 50g