



Chicken Parm Rollups

Ingredients

- 1 cup tomato sauce
- 6 thinly sliced boneless chicken breasts (see note)
- 2 tablespoons grated parmesan cheese
- 2 tablespoons grated mozzarella cheese
- 1 teaspoon fresh thyme, plus 1 sprig
- 1 tablespoon olive oil
- 1 garlic clove sliced
- 2 1/2 tablespoons breadcrumbs
- Salt & Pepper to taste

Directions

Preheat oven to 350 degrees.

Spread the tomato sauce evenly in the bottom of a square baking dish. Season each side of the sliced chicken breasts with salt and pepper. Divide the cheese and herb mixture evenly across the slices and roll each slice up. Place each roll seam side down in the pan,

In a small pan heat the olive oil with the garlic and thyme sprig. Let it cook for a few minutes just to infuse the oil with the garlic and herb flavors. Discard the garlic and herbs. Turn off the heat and add the breadcrumbs, stir to combine with the oil.

Sprinkle the breadcrumbs over the tops of the rolls. Bake the rolls at 350 degrees for 25-30 minutes, or until cooked through.

