

# Chick Stambocca

- 1/2 chicken breasts
- 1 slice mozzarella cheese
- 1 slice thin ham
- 2T. Chopped tomatoes

Pound chicken breast flat add cheese, tom. ham, roll & put toothpicks (tuck in sides as roll)  
Roll in bread crumbs thyme, oregano, salt & pepper w/ parmesan cheese. after dipped in egg & skim milk. Spray pan  
Bake 375° 20-25 min