

Ham and Cheese stuffed chicken breast

Ingredients

1 – 4 ounce Chicken breast
1 sliced lean deli ham (cut into 4 pieces)
20 grams cheddar cheese (cut into 8 slices)

Directions

Make four slight cuts in your chicken breast, be careful not to cut too far down.

Take your ham and cheese and stuff into each cut.

Bake in oven at 350 for about 40min or until fully cooked.