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# Spring Chicken Roll-Ups with Lemon Dijon Pan Sauce

**From the Kitchen of:** Daniel & Amy

**Servings:** 4

**Prep Time:** 10 minutes **Bake Time:** 20 minutes **Bake Temp:**

**Ingredients:**

* 2 (6 ounce) pieces boneless, skinless chicken breast
* Salt and freshly ground black pepper
* 4 thin slices provolone cheese
* 4 thin slices prosciutto cotto
* 12 thin spears asparagus, trimmed of tough stems and blanched in salted water 2 minutes, drained
* 1 Tbls. Extra-virgin olive oil
* 2 Tbls. butter
* 2 Tbls. All purpose flour
* 1 Cup chicken stock or vegetable stock
* 1 Tbls. Dijon mustard
* ½ lemon, zested and juiced
* ¼ cup chopped, flat-leaf parsley, a handful

Halve the chicken breasts horizontally separating each into 2 cutlets. Place each halved cutlet in an individual freezer plastic storage bag. Add a tablespoon of water to each bag and pound into 1/8 inch thick cutlets. Arrange the 4 cutlets on work surface. Season cutlets with salt and pepper on the side facing up Cover each piece of chicken with 1 slice cheese and 1 slice ham. Starting on 1 side of the breast, place a small bundle of 3 asparagus spears. Wrap and roll the chicken around the asparagus. Wash hands.

Heat about 1 tablespoon extra-virgin olive oil, a turn of the pan, in a nonstick skillet over medium heat. When hot, using tongs, add the chicken roll-ups to skillet with seam side down. Season the roll-ups with salt and pepper. Cover the pan loosely with tin foil and cook 4 to 5 minutes, turn roll-ups over and cook and another 4 to 5 minutes. Remove cooked roll ups to a serving plate. Add 2 tablespoons of butter and 2 tablespoons flour. Stir in the chicken stock and Dijon mustard, scraping up any drippings from the bottom of the pan and simmer 1 minute. Remove from the heat, add the lemon zest, lemon juice and parsley and spoon over chicken.