

Bacon and Swiss Chicken – Recipe adapted from Taste of Home Diabetic Cookbook, as submitted by Marilyn Moberg

4 servings

¼ cup reduced-fat mayonnaise
1 Tbsp Dijon Mustard
1 Tbsp honey
4 boneless skinless chicken breasts
½ tsp Montreal steak seasoning
4 slices of Swiss cheese
4 pieces of bacon, fried and crumbled

Directions:

In a small bowl, mix mayonnaise, mustard, and honey. Pound chicken with a meat mallet to ½ inch thick. Brush mixture lightly over chicken and sprinkle chicken with steak seasoning. Grill chicken, covered, over medium heat or broil 4 inches from heat for 4-6 minutes on each side until a thermometer reaches 165 degrees. Top with cheese during the last 1 minute of cooking. Top with crumbled bacon. This may be served on a bun or plain.



Shopping List – Bacon and Swiss Chicken

- reduced-fat mayonnaise
- Dijon Mustard
- honey
- boneless skinless chicken breasts
- Montreal steak seasoning
- Swiss cheese
- bacon, fried and crumbled