

Recipe adapted from [Cooking Light](#) as featured on myrecipes.com.



Healthy Chicken Kiev

3-1/2 T butter divided
1 t finely chopped dill
3/4 t salt divided
1/4 t black pepper
2-4 garlic cloves, minced
4- skinless, boneless chicken breasts
2 T water
2 egg whites
1-1/2 c whole grain bread crumbs

First melt 2 T of butter and add dill, 1/8 t salt, pepper and garlic. Mix together and refrigerate for one hour. Next slice the chicken breasts in half lengthwise, cutting to, but not through the other side. Open halves and lay chicken flat. Cover with plastic wrap and use a meat mallet to pound to 1/4" thickness. Place 1-1/2 t butter mixture on the small end of the flattened chicken breast and roll-up. Tuck the sides and secure with a toothpick. Sprinkle chicken evenly with 1/2 t salt.

Melt the remaining butter and mix in 2 egg whites and 2 T of water. In another bowl add the bread crumbs. First soak one chicken roll in the egg/butter mix, and then roll and coat in the bread crumbs. Repeat with the remaining chicken breast rolls. Place in a greased baking dish and refrigerate for an hour.

Preheat oven to 425F. Bake chicken for 30-35 minutes. Serve immediately.