



Broccoli Cheddar Chicken Bundles

- 2 boneless skinless chicken breast halves
- $\frac{2}{3}$ cup corn flakes cereal, coarsely crushed
- $\frac{1}{4}$ cup broccoli, finely chopped and lightly steamed
- 2 tablespoons shredded cheddar cheese
- 1 oz ($\frac{1}{4}$ cup) cream cheese, softened
- $\frac{1}{4}$ teaspoon minced garlic
- $\frac{1}{8}$ teaspoon salt
- Large pinch ground black pepper
- 1 teaspoon melted butter

Preheat oven to 350 degrees. Spray a baking dish with non-stick spray.

Place chicken breasts between 2 sheets of parchment paper or plastic wrap and flatten with the bottom of a glass until even thickness.

Place 2 tablespoons of the crushed cereal in a bowl and set aside.

To make filling, place remaining cereal, broccoli, cheeses, garlic, salt and pepper in a medium bowl and stir to combine.

Sprinkle each chicken breast with a pinch of salt and pepper and place $\frac{1}{2}$ the filling down the center of each and roll up chicken to encase the filling. Use toothpicks to secure if needed. Lay rolled chicken bundles in prepared baking dish and brush each with melted butter. Sprinkle remaining crushed cereal over each.

Bake for 20-25 minutes until internal temperature reaches 165 degrees.