

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Bacon and Chicken Pinwheels (21 DSD Compliant)

From www.realhousemoms.com

1 lb. boneless skinless chicken breast
8 slices of thick pepper bacon
2 T of olive oil
2 t dried thyme
1 t garlic powder
toothpicks soaked in water

1. Slice your chicken breast into 1 inch thick slices.
2. Slightly cook your bacon. (not to a crisp, just to a little color).
3. Divide your chicken strips into four equal amounts.
4. Lay a strip of bacon on top of a chicken slice and roll up with the bacon on the inside. You will probably use 2-3 strips of chicken and 2 slices of bacon.
5. Use your toothpicks to hold together.
6. Drizzle the olive oil over the tops and bottom and sprinkle with thyme and garlic powder.
7. Grill over medium heat until chicken is completely cooked, usually 5 minutes on each side. (This depends on each grill so be sure your chicken is thoroughly cooked before serving.