

Cooking Corner

100 Hummus Inspirations

(NAPSA)—It can be quick and easy to give a dish a kick with flavorful hummus. Rapidly growing in popularity as a healthy dip and spread, hummus comes



**Chef
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in dozens of flavors, including Sun Dried Tomato and Spinach and Artichoke. Try this recipe by Chef Colombe Jacobsen, and for more ways to add some hummus to your life, check out the 100 Hummus Inspirations at www.sabra.com.



Chicken cutlets rolled up with hummus makes for a delicious and nutritious meal.

Hummus-Stuffed Chicken Breasts

Serves 4

- ½ cup hummus
- 4 boneless, skinless chicken breasts
- 1 cup all-purpose flour
- 4 large eggs, egg whites only
- 1 tablespoon water
- 1½ cups breadcrumbs or Panko
- Salt and pepper to taste
- ¼ cup olive oil

Place chicken in a large plastic bag and pound until ¼ inch thick and about 8 inches long and 6 inches wide.

Lay the chicken breasts smooth side down and season with salt and pepper. Spread about 2 tablespoons of hummus on the chicken, leaving ½-inch border all around.

Roll each chicken breast and wrap in aluminum foil or plastic wrap. Twist the ends like a candy wrapper and

chill in the refrigerator 45 minutes.

Heat oven to 400°. Using 3 shallow dishes, pour the flour in one, lightly whisk the egg whites and water in the second and place the bread-crumbs in the third. Unwrap the chicken breasts and, using tongs, roll in the flour, submerge in the egg whites, and then place in the bread-crumbs, using your fingers to press the breadcrumbs so they stick.

Heat ¼ cup olive oil in a large nonstick skillet until shimmering, about 4 minutes. Place the rolled chicken breasts in the oil, seam side down. Cook until golden, about 2 minutes on all sides. Put the chicken breasts (seam side down) in a baking dish and cook in oven about 15 minutes or until thermometer registers 160°. Remove from oven and let sit for 5 minutes. Using a sharp knife, slice on a bias.