Swiss Cheese Chicken

1 pound chicken breast, boneless, skinless
2 Tbsp. all-purpose flour
3/4 tsp. pepper
1/4 tsp. salt
2 slices Swiss cheese, reduced fat, cut in half
1 Tbsp. butter, light
1/2 cup chicken broth, reduced sodium
1/4 cup white wine
1/4 tsp. dried oregano

Flatten chicken to 1/4 inch thickness. In a shallow bowl, combine flour, pepper and salt. Place a piece of cheese on each piece of chicken; tuck in ends and roll up. Secure with toothpicks. Roll in the flour mixture.

In a large nonstick skillet, brown roll-ups in light butter on each side over medium heat. Stir in the broth, wine and oregano; bring to a boil. Reduce heat; simmer, uncovered for 10-12 minutes or until chicken juices run clear. Remove toothpicks before serving. Makes 4 servings.

Nutrition information per serving: 192 calories, 28 grams protein, 6 grams fat; 4 grams carbohydrate; 313 mg sodium.