

Recipe for

Chicken Cordon Bleu Casserole (low-carb)

Submitted by: Alex

Favorite time to make
and share:

Sunday family dinner

Serves:

8

Prep time:

30 min

Total time:

1 hour

Oven temp:

350°F

Ingredients:

6 C (or more) shredded, cooked chicken ~about 2 lbs	6 oz ham, cut into bite-sized pieces	6-8 oz cream cheese, softened
4 oz butter, melted	1 t Dijon mustard	½ t salt
1 t white wine (optional)	1 oz lemon juice	5 oz swiss cheese

Directions:

Preheat oven to 350°F. Place the chicken in the bottom of a buttered 9"X13" baking dish. Layer the pieces of ham on top. In a large bowl, blend the melted butter, softened cream cheese, wine, mustard, lemon juice, and salt using an electric mixer until a thick sauce forms. Spread this sauce over the chicken and ham in the baking dish. Lay the slices of swiss cheese on top of the sauce. Bake 30-40 minutes until hot. You may wish to broil for 2 minutes at the end of the baking time so the cheese gets more golden and bubbly.