



Chicken Cordon Bleu Casserole



1/4th of casserole: 315 calories, 13g total fat (6.5g sat. fat), 677mg sodium, 6.5g carbs, 0.5g fiber, 2g sugars, 39.5g protein

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Prep: 10 minutes **Cook:** 30 minutes



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Ingredients

1/4 cup panko breadcrumbs
3 tbsp. grated Parmesan cheese
1/2 tsp. garlic powder
1/2 tsp. onion powder
1/3 cup light/reduced-fat cream cheese
2 tbsp. Dijon mustard
1/8 tsp. each salt and black pepper
1 lb. raw boneless skinless chicken breast, cut into bite-sized pieces
2 oz. (about 3 slices) reduced-sodium ham, roughly chopped
4 slices reduced-fat Swiss cheese
Optional topping: fresh parsley

Directions

Preheat oven to 375 degrees. Spray an 8" X 8" baking pan with nonstick spray.

In a medium bowl, combine bread crumbs, 1 tbsp. Parm, 1/4 tsp. garlic powder, and 1/4 tsp. onion powder. Mix well.

In a large bowl, mix cream cheese with mustard until smooth. Stir in salt, pepper, and remaining 2 tbsp. Parm, 1/4 tsp. garlic powder, and 1/4 tsp. onion powder. Add chicken and ham, and stir to coat.

Transfer mixture to the baking pan, and smooth out the top. Cover with foil, and bake for 20 minutes, or until hot and bubbly.

Remove foil, top with cheese slices, and sprinkle with seasoned breadcrumbs. Bake until chicken is cooked through, cheese has melted, and crumbs have browned, about 10 minutes.

MAKES 4 SERVINGS

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