

Chicken Cordon bleu casserole

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Gluten free and Keto friendly Chicken Cordon Bleu Casserole. This is a super easy casserole to make that is not only gluten free, but it is also keto friendly. I did not bother to figure out the calorie or carb count in this because I make it differently and in different size pans. I usually make this in a 9x13 pan, but will sometimes use a large casserole pan / roaster pan. Ingredients:

- 4 boneless, skinless chicken breasts cut into 1 inch cubes (you can also use some leftover turkey or even chicken thighs)
 - 1 large ham steak cut into cubes (1/2 inch or so), or about 4 cups of cubed ham
 - 8-10 ounces of shredded swiss cheese
 - 1/2 cup of heavy whipping cream
 - 12 ounces of cream cheese or neufenchtal cheese that is softened
 - **black pepper** to taste
 - 3-4 teaspoons of **garlic powder** to taste
1. Pre-cook the chicken to prevent this dish from being extremely watery
 2. Pre-heat the oven to 250 degrees
 3. In a large **mixing bowl** , add in the cream cheese and the heavy whipping cream and mix it with a **handheld mixer** until it is fully mixed together. It will seem extremely thick, but this is normal
 4. Place the cut up chicken, ham and the spices into the **mixing bowl** and mix well
 5. Add the mixture to the casserole dish or the **9x13 pan** and evenly spread out
 6. Top with cheese and bake in the oven for 40 - 50 minutes

