

Chicken Cordon Bleu with Cream Sauce

This is the easiest dish and can be made in the middle of the week with no problem.

Serves 2

2 chicken breasts butterflied* see note
4 slices deli ham
4 slices swiss cheese
3 tbsp mayonnaise
1 ½ tbsp. Dijon mustard
Panko bread crumbs (gluten free is what I use)
Dijon Cream Sauce (makes about 1 cup)

1 ½ tbsp. butter
1 ½ tbsp. flour
1 ¼ cups milk
2 tbsp Dijon mustard
3 tbsp parmesan cheese, finely grated
1 tsp thyme leaves
Salt and pepper



Heat oven to 350

Spread breadcrumbs on a baking sheet and spray with oil. Bake for 3 minutes or until light golden. Remove and place in a bowl.

*Cut a pocket into each chicken breast. Cut from the thinnest side to the thickest to butterfly. Fold the cheese in half and place 2 pieces inside each pocket. Do the same with the ham. Close the pocket, seal with toothpicks.

Mix the mayonnaise, mustard and salt and pepper in a bowl. Spread onto the top and sides of the chicken (not the underside).

Sprinkle panko over the chicken, using your other hand to press the breadcrumbs onto the side of the chicken.

Spray with oil.

Bake for 25 to 30 minutes, or until golden brown and just cooked through. Rest for 5 minutes before serving with the Dijon Cream Sauce.

Dijon Cream Sauce:

Melt butter over medium heat in a small saucepan. Add flour and cook for 1 ½ minutes.

Add half the milk and whisk until the flour mixture is blended in.

Add remaining milk, mustard and cheese. Cook for 3 minutes, whisking constantly until thickened. It will thicken as it cools.

Remove from heat, stir in thyme leaves and add salt and pepper to taste.

Serve over chicken.

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