

# Healthy Recipe of the Week

*Use Organic ingredients whenever possible.*

## Chicken Cordon Bleu Casserole

From [www.iofilledeats.com](http://www.iofilledeats.com)

6 cups shredded cooked chicken (from about 2 lb chicken)  
6 oz ham, cut into bite size pieces  
4 oz butter, melted  
6 oz cream cheese, softened  
1 Tbsp Dijon mustard  
1 Tbsp white wine, optional  
1-2 oz lemon juice (use the full amount if you love lemon – I do)  
1/2 tsp salt  
5 oz Swiss cheese

1. Preheat the oven to 350°F. Put the chicken in the bottom of a 9 x 13 baking dish. Layer the pieces of ham on top.
2. In a blender combine the melted butter, softened cream cheese, white wine (if using), mustard, lemon juice, and salt. Blend until a thick sauce forms. Spread this sauce over the chicken and ham in the baking dish.
3. Lay the slices of Swiss cheese on top of the sauce. Bake for 30-40 minutes until hot.
4. You can also broil it for 2 minutes at the end, if you would like the cheese to get more golden and bubbly.