



Healthy Keto with
Jim Colbourne
MOVING TO AN HEALTHIER LIFESTYLE

Creamy Chicken Cordon Bleu Casserole

2.1g NET Carbs (Low Carb Keto)

One of the best Casserole dishes with a load of delicious ingredients which gives this Casserole an extremely tasteful flavor. The extra bonus is its Low Carb, less carbs means a healthier choice in full ingredients with less unwanted additives. Enjoy

INGREDIENTS

Meat Layer
Cooked Rossiter chicken shredded
8 ounces – shredded deli ham
8 slices – sliced Swiss cheese or provolone cheese
8 strips of Bacon
Pinch of salt
¼ tsp – black pepper
1 tsp – garlic powder
1 tbsp lemon juice

Sauce:

1 ½ cups – heavy cream
2 Tbs – unsalted butter
2 Tbs – Dijon mustard
1 tsp – ground nutmeg

**2G
CARBS**

**100%
DELICIOUS**



Dish 9"x10 or 9"x11"

6 servings - 1 serving = Net CARBS: 2.1g / FIBER: 1g /
FAT: 55g / PROTEIN: 40g / CALORIES: 661

¼ tsp – black pepper
1 chicken bouillon cube or packet

Topping:

1 cup – ground pork rinds (Optional - you can add 2 cups of pork rinds for more coverage. Keep remaining ingredients the same)
2 Tbs – unsalted melted butter
1 tbsp – onion powder
1 tbsp – garlic powder
1 tbsp – dried basil
1 tbsp - parsley
1 tsp – black pepper
1/3 cup - parmesan cheese

Instructions:

1. Add shredded chicken to bottom of dish. I used all the chicken besides legs and wings. Add layer of ham (cut into squares). Add bacon (cut into pieces). Add remaining meat layer ingredients making sure to spread evenly.
2. Add all sauce ingredients to sauce pan and simmer for 15-20mins
3. Topping – make sure all pork rinds is grinded into a fine mixture. Total mixture should be 1 cup or you can have 2 cups of pork rinds for a thicker top Layer. Add remaining ingredients to pork rind mixture and fully blend all ingredients. Add pork rinds to the top layer of the casserole.
4. Bake for 30mins at 350F
5. Let cool for 10-12mins and serve. Watch video for full visual and extra tips. Enjoy!