



Chicken Cordon Bleu

A snooty, French entree with breaded chicken, sliced ham and swiss cheese, made into a sandwich

I decided to go a little non-traditional with the sauce on this sandwich, to save points. The flavor is just as good and cuts the heck out of the calories. In this version, we're using my low carb. breading recipe to coat and bake chicken breasts. They are then covered with sliced deli ham, thin sliced swiss cheese and tossed back into the oven till it melts. Finally, the sandwich is finished off with a good dollop of a sweet, creamy dijon mustard spread. Viva la France!

Servings Info.:

- Yields: 4 sandwiches
- Servings: 4
- Serving Size: 1 sandwiches



*- last checked 02/20/24 -
Listed Points DO NOT INCLUDE BREAD! Use
whatever brand bread you want, then add my points to it.*

Ingredients:

Chicken Breasts:

- 4 medium sized chicken breasts
- 1/4 tsp baking soda dissolved into 1 tsp water

Breading Process:

- Prepare the bread crumbs and egg wash, following the steps for low carb breading, on pages 38-39.

Maple Mustard Dressing/Sauce:

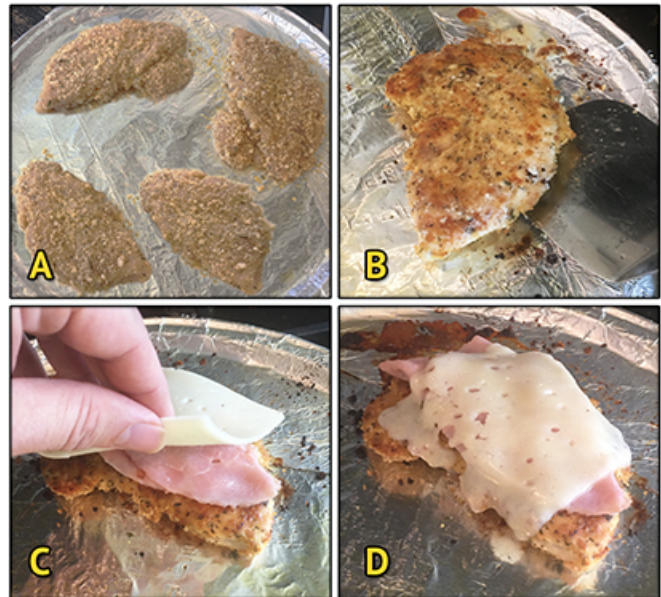
- 1 batch of my Maple Mustard Dressing, recipe on pg. 22

Additional Toppings:

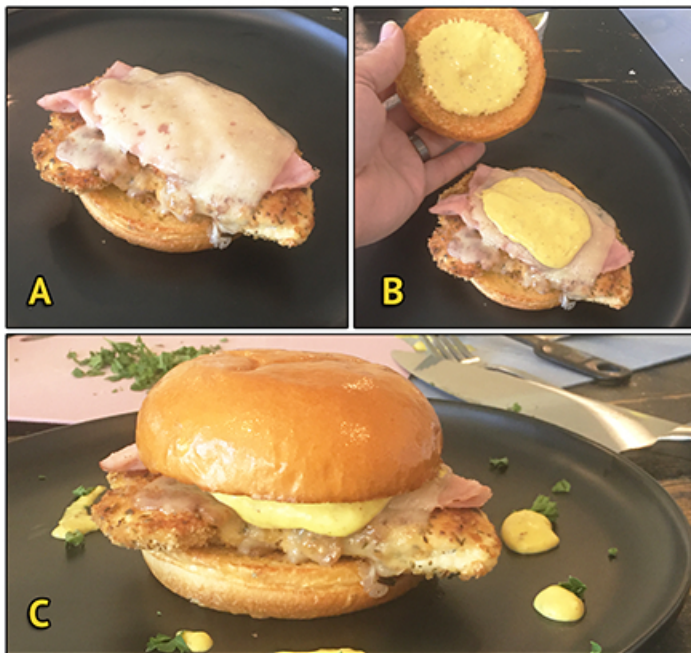
- 12 slices thin sliced deli ham (or up to 4 points worth of sliced ham)
- 4 slices of light, thin sliced, or reduced fat swiss cheese (see notes)**

Directions:

- 1 Rub the baking soda solution over the chicken breasts, then set aside for 20 minutes. Pat dry, season with salt and pepper on both sides, then get ready for breading.
- 2 Follow the steps on pg. 39 (low carb breading) to dust the chicken with flour, then bread with the low carb breading.



- 3 Preheat oven to 425 degrees. (A) Place the breaded chicken onto a foil lined pan and spray both sides with cooking spray. (B) When the oven IS up to temperature, bake the chicken at 425 degrees 14 minutes. Flip, spray with more cooking spray, then bake 5-6 more minutes, or until golden brown. (C) Remove from oven, place 3 slices of ham onto each piece of chicken, followed by a slice of Swiss. (D) Lightly hit the top of the cheese slices with cooking spray, then bake for 1 more minute, till the cheese is softened/beginning to melt.



- 4 (A) Toast your bread/buns o' choice, then place one of the baked chicken breasts on the bottom bun. (B) Scoop one Tablespoon of mustard sauce on top of the melted Swiss cheese, then spread one more Tablespoon of mustard sauce onto the top bun. You don't want to dollop both scoops onto the cheese, otherwise it'll look like a can of pale yellow paint got dumped on your sandwich, once you put the top bun on. So, dollop the first scoop onto the chicken/cheese, then spread the 2nd across the top bun. (C) Place the top bun onto the sandwich, done. Don't forget to clean off your kitchen counter before taking a picture of your sandwich... unlike me.

NOTES & SUGGESTIONS:

- **CHICKEN:** You can use chicken breasts as large, or as small as you'd like. However, if you use really large chicken breasts, this sandwich is going to look ridiculous... Like a giant chicken breast wearing a little teeny top hat. In the picture, I used what I'd consider a medium sized breast.
- **MAPLE MUSTARD?:** (whiny voice) "But... but... what about Honey Mustard?" Simple, honey has more points in it than a grad-school student's Powerpoint presentation. Sugar free pancake (maple) syrup doesn't. It's common knowledge by now, my recipes lean towards being reduced sugar and sugar free in nature... because (1) Points, and (2) Diabetics. You can use a low point honey mustard dressing, like G. Hughes, if you'd like. If you do, adjust your points.
- **BREADING:** As stated, my breading is utilizing my low carb breading recipe, which calls for you to toast, then crush, 1 point sliced bread (keto or other low calorie bread slices).
- **HAM:** Different brands of sliced deli ham have different calorie counts and points per serving. Scan the packages. You want to have around 4oz for 3-4 points.
- **CHEESE:** 2 slices of Sargento brand thin sliced swiss cheese are 3 points. NORMAL thickness swiss cheese is usually 3-4 points PER SLICE. So, it gives you options. You can use 1 thin slice per sandwich, like I did, which makes the points for the cheese 1 point for 1 slice, 3 points for 2 slices, 4 points for 3 slices and 6 points for 4 slices. Or, you can simply scan different brands of Swiss cheese, use whatever you want, and adjust the points of the recipe. Either way... it's a low point sandwich. You can also go to the deli counter at your supermarket and ask them to slice you some swiss cheese, AS THIN AS THEY POSSIBLY CAN!!!

