

# Chicken Cordon Bleu Casserole



## Servings: 6

*2 tablespoons unsalted butter*

*2 tablespoons all-purpose flour*

*1 1/2 cups milk*

*2 tablespoons dijon mustard*

*1/2 cup cheddar cheese, grated*

*salt and pepper, to taste*

*8 ounces penne pasta*

*2 cups cooked chicken, chopped*

*2 cups cooked ham, chopped*

*For the Topping:*

*1/2 cup bread crumbs*

*1/2 cup parmesan cheese, grated*

*1 tablespoon olive oil*

In a sauce pan melt 2 tablespoons of unsalted butter.

Add 2 tablespoons of all-purpose flour and mix to form a roux cook for 1 minute.

Slowly add milk until you reach a slightly thick consistency.

Add in dijon mustard and cheddar cheese. Stir until the cheese is completely melted and the sauce is smooth. Season with salt and pepper.

In a pot of salted boiling water cook the penne pasta according to the package directions until al dente. Drain and set aside.

Mix together penne pasta, chicken, ham, and cheese sauce. Toss until completely coated.

Pour the mixture into a 9x13-inch casserole dish sprayed with non-stick cooking spray.

For The Topping:

In a bowl mix together bread crumbs, parmesan cheese, and olive oil. Sprinkle the bread crumbs over top of the casserole.

Bake in a 350°F oven for 30 minutes or until the top is golden brown and the dish is heated through.

Serve

To Freeze: Pour the casserole into a 9x13-inch freezer-safe casserole dish or aluminum pan sprayed with non-stick cooking spray. Cover with aluminum foil. Freeze for up to 3 months. To reheat add the bread crumb topping and follow the cooking instructions.

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Per Serving (excluding unknown items): 641 Calories; 27g Fat (39.3% calories from fat); 54g Protein; 41g Carbohydrate; 2g Dietary Fiber; 135mg Cholesterol; 1012mg Sodium; 5g Total Sugars; 1mcg Vitamin D; 483mg Calcium; 3mg Iron; 585mg Potassium; 651mg Phosphorus. Exchanges: .

