

“FOOD GLORIOUS FOOD”

(As sung by OLIVER in the Broadway musical OLIVER)

“What next is the question?”

by **Suzie Wilkinson**

Editor, Food Page of Woodlake.Life

When one door closes....another one opens

Dan Apple has been opening those garage doors and owned garage door businesses in Virginia for 33 years! Sandy retired from Philip Morris USA and then supported Dan at the business with her CPA/MBA from William & Mary. Mostly retired now but both still work as consultants for the garage door industry with clients all over the U.S. They're both native Virginians, living in Richmond when not here in Bonita Bay.



The Apple's moved to Woodlake from The Hampton's to enjoy more outdoor living and entertaining space. Sandy is a pro at that, celebrating annual gatherings for New Year's Eve, Mardi Gras and The Masters. Certainly, the food is GLORIOUS at these events! And here we go with another door closing and another opening! When our great Woodlake “mayor”, Bill Farrall, moved away last year, Dan saw a need for Woodlake residents to have a communication platform, so he created Woodlake.Life, our great resource for services, info and events. When not at the computer, Sandy and Dan both play golf and some occasional pickleball. Sandy enjoys cards and Mahjong and uses her CPA skills as treasurer of many groups in Bonita Bay.

Sandy's Chicken Cordon Bleu Casserole – Low Carb

Recipe By: Sandy Apple

Category: Chicken

A healthy version of Chicken Cordon Bleu with layers of chicken, ham, and Swiss cheese in a creamy Dijon sauce.

Prep Time: 15 mins Cook Time: 30 minutes Servings: 8

Ingredients

- 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 oz lemon juice
- 1/2 tsp salt
- 5 oz Swiss cheese



Instructions

1. Preheat the oven to 350. Put the chicken in the bottom of a 9 x 13 baking dish. Layer the pieces of ham on top.
2. In a large bowl with an electric mixer 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. I broiled it for 2 minutes at the end so the cheese would get more golden and bubbly. If you decided to do that do not leave it unattended. It's very easy to burn the cheese topping.

Notes: If you have a bottle of dry white wine open it adds a nice flavor. But I wouldn't open a new bottle just for this recipe. Unless you are planning on having a glass while you cook.

- If your shredded chicken is on the dry side, you may want to double the amount of sauce or add in ¼ cup of chicken broth and mix the sauce into the shredded chicken before adding the toppings.
- You can use chicken tenderloins instead of shredded chicken. Just cook, drain the cooking liquid, and then proceed with the rest of the recipe.

Nutrition:

Calories: 452 | Carbohydrates: 2g | Protein: 34g | Fat: 34g | SaturatedFat: 17g | Cholesterol: 164mg | Sodium: 916mg | Potassium: 348mg | Sugar: 1g | Vitamin A: 820IU | Vitamin C: 1.4mg | Calcium: 179mg | Iron: 0.8mg

Favorite Restaurant:

Cirella's - 25265 Chamber of Commerce Drive, Prado shopping center (by movie theatre). When you can squeeze up to the bar before 5:30PM, Chrissy (bartender) is the best! She takes care of you as though you're the only customer in the place even when the place is packed (as it is most days at dinner time). Best meatballs (beef or chicken) anywhere! Scrumptious Italian food, and while we don't eat it, their Sushi is said to be the best in these parts. Strongly recommend going early or make a reservation, especially now that they've sold their Naples location.