

# KETO CHICKEN CORDON BLEU

*Chicken stuffed with ham and Swiss, wrapped in a crisp Parmesan crust, with a creamy Dijon Parmesan sauce — baked or air fried*



## INSTRUCTIONS

### 1. Prepare and stuff the chicken

- 24 oz boneless chicken breasts (or thighs)
- Salt and pepper
- 4 oz sliced Swiss cheese
- 4 oz sliced ham

Place the chicken in a zip-top bag and pound to 1/4-inch thickness. Season both sides with salt and pepper. Top each piece with 1/2 ounce each of ham and cheese, then roll up and secure with toothpicks.

### 2. Bread the chicken

- 2 eggs, beaten
- 3/4 cup finely grated Parmesan cheese
- 1/2 cup almond flour (or 1/4 cup coconut flour)
- 2 tsp Italian seasoning

Place the eggs in a shallow bowl. In another bowl, combine the Parmesan cheese, almond flour (or coconut flour), and Italian seasoning. Dip each chicken roll in the egg, then coat with the Parmesan mixture, pressing firmly so it sticks.

### 3. Cook the chicken

- Avocado oil spray
- 2 tbsp avocado oil (oven/skillet method only)

**Air Fryer:** Place the chicken seam side down in the air fryer basket. Spray with oil and cook at 400°F for 8 minutes. Flip, spray again, and cook 6 to 10 minutes longer, until the crust is golden brown and the internal temperature reaches 160°F. Rest for 10 minutes before serving.

**Oven:** Preheat oven to 350°F. Heat the oil in a large skillet over medium-high heat and cook the chicken until browned on both sides, about 7 minutes total. Transfer to a baking dish, seam side down, and bake for 15 to 20 minutes longer, until the internal temperature reaches 160°F. Rest for 10 minutes before serving.

#### 4. Make the Dijon Parmesan sauce

- 1 stick unsalted butter
- 1/2 cup chicken broth
- 1/2 cup heavy cream
- 2 oz cream cheese
- 2 tbsp Dijon mustard
- 1 cup shredded Parmesan cheese
- Salt and pepper to taste

While the chicken cooks, melt the butter in a saucepan over medium heat. Add the broth, heavy cream, and cream cheese, and cook until the cream cheese melts. Stir in the Dijon mustard and Parmesan cheese, then simmer over low heat for 5 to 7 minutes, until thickened. Season to taste with salt and pepper, and serve over the chicken.

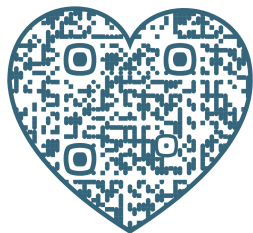
#### NUTRITION (per serving, makes about 8 servings)

- Calories: 543
- Total Fat: 42g
- Saturated Fat: 21g
- Cholesterol: 193mg
- Sodium: 879mg
- Total Carbs: 4g
- Fiber: 1g
- Net Carbs: 3g
- Protein: 37g

#### STORAGE

This recipe can be fully prepped up to a day ahead and cooked when ready to serve. Store leftovers in an airtight container in the fridge for up to 3 days. Reheat in the air fryer or a 350°F oven until warmed through, so the crust stays crisp. The sauce can be stored separately and gently reheated on the stove.

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Recipe created by Mind-Body Functional Health.  
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