

Chicken Cordon Bleu Bites

FOR THE CHICKEN:

½ cup vegetable oil

2 boneless chicken breast cutlets, about 8 oz. each

1 cup flour

2 teaspoons Cajun seasoning

1 teaspoon garlic salt

1 cup unsweetened almond milk

1½ cups bread crumbs

4 slices Swiss cheese, cut into 1-inch squares

4 slices cooked ham, cut into 1-inch squares



(Fold along the line)

FOR THE SAUCE:

1½ tablespoons unsalted butter

2 tablespoons flour

1½ cups milk

2 tablespoons Dijon mustard

1. Heat up the oil in a large pan on medium heat.
2. Add in the flour, seasoning, and garlic salt to a large bowl, then cut the chicken breasts into bite-sized pieces.
3. Dip each chicken piece into the milk to coat, and then place in the bowl with the flour mixture. Cover the chicken until it is well coated. Then roll in the bread crumbs.
4. Place the chicken in the hot oil for approximately 7-9 minutes on each side, until cooked through. Then drain the oil, and place the bites back in the pan.
5. Top each piece of chicken with a square of Swiss cheese, two pieces of ham, and another square of cheese, and then allow the cheese to melt.
6. For the sauce, melt the butter in a small saucepan over medium heat. Add in the flour, and cook for 1-2 minutes.
7. Add half the milk, and whisk until blended. Add remaining milk and mustard.
8. Cook for 3 minutes, stirring constantly, until thickened.

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