

Chicken Cordon Bleu {Freezer meal recipe}

Ingredients:

- Chicken Breasts (for this recipe I used 3 medium breast)
- sliced ham (one piece per breast)
- swiss cheese (again, one piece per breast....I use the Ultra Thin for less calories)
- [homemade cream of chicken soup](#) (ok, so you can use the can stuff, but this version is super easy and much healthier! If you are using more than 3-4 chicken breast, you may wish to double your soup recipe)

Directions:

- Spray your pan with a non-stick spray (You can use a disposable metal pan or you can use a regular pan, lined in foil. make sure you use lots of extra foil so that it can fold completely over the dish after prepared, covering the entire meal!)
- Place your chicken breast in the pan and cover in the [homemade cream of chicken soup](#).
- Next, place one slice of ham and swiss cheese on top of each chicken breast.
- At this point, you may freeze the meal! Cover completely in foil and place in your freezer. Once frozen, IF you have lined the entire tray and covered the meal in foil, you may remove and place in a [Ziploc Vacuum Bags](#). If not, you are safe to leave it in the pan, tightly covered, until you are ready to serve.
- On the day you wish to serve, remove from the freezer in the morning and allow to thaw.
- Cook on 400 degrees for about 40 minutes or until no longer pink. Cook times will vary depending on how many pieces of chicken you are using.
- Serve with your favorite sides! ENJOY!

*This recipe is very easy to adapt according to your family size.