

- Prep Time: 15 minutes
 - Cook Time: 30 minutes
 - Total Time: 45 minutes
 - Yield: 6 servings
 - Cuisine: French-American / Keto
 - Course: Main Course
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Ingredients

For the Casserole:

- 1.5 lbs (680g) cooked chicken breast, cubed or shredded

- 8 oz (225g) cooked ham, diced
- 8 oz (225g) Swiss cheese, shredded (divided)
- 4 oz (115g) cream cheese, softened
- 1/2 cup heavy whipping cream
- 1/4 cup chicken broth
- 1 tbsp Dijon mustard
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1/4 tsp dried thyme

For the Crust Topping:

- 1 cup pork rinds, crushed (approx. 1 oz / 30g)
 - 1/4 cup grated Parmesan cheese
 - 3 tbsp butter, melted
 - 1/4 tsp garlic powder
 - Pinch of salt and pepper
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Instructions

1. Preparation (Intensity: Low)

Preheat your oven to 375°F (190°C). Grease a 9×13 inch baking dish with butter or non-stick spray. If you haven't already, cook your chicken (boiling or baking works well) and shred or cube it. Dice the ham and shred the Swiss cheese.

2. Create the Creamy Sauce (Intensity: Medium)

In a medium saucepan over medium heat, combine the softened cream cheese, heavy whipping cream, and chicken broth. Whisk continuously until the cream cheese has fully melted and the mixture is smooth. Do not let it boil vigorously.

3. Flavor the Sauce (Intensity: Low)

Remove the saucepan from the heat. Whisk in the Dijon mustard, garlic powder, onion powder, salt, pepper, and dried thyme until well combined. Taste the sauce and adjust seasoning if necessary.

4. Assemble the Casserole (Intensity: Low)

In a large bowl, combine the cooked chicken, diced ham, and half of the shredded Swiss cheese. Pour the creamy sauce over the chicken mixture and stir gently until everything is evenly coated.

5. Transfer to Baking Dish (Intensity: Low)

Transfer the mixture to the prepared baking dish and spread it out evenly. Sprinkle the remaining shredded Swiss cheese over the top of the casserole.

6. Prepare the Crust Topping (Intensity: Low)

In a small bowl, combine the crushed pork rinds, grated Parmesan cheese, garlic powder, salt, and pepper. Pour the melted butter over the mixture and stir until it resembles coarse crumbs.

7. Add the Topping (Intensity: Low)

Sprinkle the pork rind topping evenly over the casserole.

8. Bake (Intensity: Medium)

Place the casserole in the preheated oven and bake for 25-30 minutes, or until the casserole is bubbly and the topping is golden brown. If the topping is browning too quickly, you can loosely cover it with foil for the last 10 minutes.

9. Rest and Serve (Intensity: Low)

Remove the casserole from the oven and let it rest for 5-10 minutes before serving. This allows the sauce to set slightly, making it easier to serve. Garnish with fresh chopped parsley if desired.

Nutrition Information (Per Serving)

Note: Nutritional values are estimates and will vary based on specific ingredients used. This recipe is calculated for 6 servings.

- Calories: 485 kcal
- Total Fat: 31g
- Saturated Fat: 15g
- Cholesterol: 165mg
- Sodium: 980mg
- Total Carbohydrates: 2.5g
- Dietary Fiber: 0g
- Net Carbs: 2.5g
- Sugars: 1g
- Protein: 45g