

# Chicken Cordon Bleu Quiche

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## Servings: 4

*2 teaspoons Dijon mustard*  
*1 frozen nine-inch deep pie shell*  
*1 cup cooked chicken, shredded*  
*3 slices Black Forest ham slice, chopped*  
*1 scallion (white and green parts separated), sliced*  
*3 slices Swiss cheese, chopped*  
*1 cup half-and-half*  
*4 large eggs*  
*Kosher salt*  
*freshly ground pepper*  
*1 Persian cucumber*  
*3 cups (3 ounces) packed baby arugula*  
*1 tablespoon white wine vinegar*

## Preparation Time: 15 minutes

Place a rimmed baking sheet in the middle of the oven. Preheat the oven to 425 degrees.

Spread the mustard on the bottom of the pie shell. Layer with the chicken, ham, scallion whites and cheese.

In a bowl, whisk the half-and-half, eggs, 1/2 teaspoon of salt and a few grinds of pepper. Pour over the filling in the pie shell. Gently stir the top of the mixture to make sure the filling is covered. Sprinkle with the scallion greens.

Carefully set the pie pan on the hot baking sheet. Bake until the filling is set, about 30 minutes.

When the quiche is almost done, thinly slice the cucumber and toss with the arugula, vinegar and a pinch of salt and pepper.

Serve the quiche with the salad.

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Per Serving (excluding unknown items): 479 Calories; 31g Fat (58.6% calories from fat); 45g Protein; 4g Carbohydrate; trace Dietary Fiber; 331mg Cholesterol; 503mg Sodium. Exchanges: 6 Lean Meat; 3 Fat; 0 Other Carbohydrates.