Treasure Barrel

Creamy Low Carb Chicken Casserole

A low-carb, creamy chicken casserole that’s hearty, comforting, and perfect for a quick dinner.

15 min	30 min	45 min	4	Easy	American
Prep time	Cook time	Total time	Servings	Difficulty	Cuisine

Ingredients

Main Ingredients

- [ ] 1.5 lb boneless skinless chicken breast, cut into 1-inch pieces
- [ ] 1 cup heavy cream
- [ ] 1 cup shredded sharp cheddar cheese
- [ ] 2 cups cauliflower rice (fresh or frozen)
- [ ] 2 tbsp butter
- [ ] 3 cloves garlic, minced
- [ ] 1 tsp lemon zest
- [ ] 1 tbsp lemon juice
- [ ] ½ tsp salt
- [ ] ¼ tsp black pepper
- [ ] ¼ tsp nutmeg (optional)

Optional Toppings

- [ ] 2 tbsp grated Parmesan
- [ ] Fresh parsley, chopped

Instructions

1. Preheat the oven to 375°F (190°C). In a large skillet, melt butter over medium-high heat and sauté the garlic until fragrant, about 30 seconds.
2. Add the chicken pieces, season with salt and pepper, and brown them lightly, stirring occasionally for 5-6 minutes. Oops, don’t let them fully cook through.
3. Pour in the heavy cream, lemon zest, and lemon juice. Reduce heat to medium and let the sauce thicken gently, stirring occasionally for 3-4 minutes.
4. Fold in the cauliflower rice and half of the cheddar cheese, mixing until everything is coated. Transfer the mixture to a greased 9-x-13-inch baking dish.
5. Sprinkle the remaining cheddar, Parmesan, and a pinch of nutmeg over the top. Bake uncovered for 20-25 minutes, until the sauce bubbles and the cheese is golden.
6. If you like a crisp crust, broil for 2-3 minutes, watching closely. Let the casserole rest for 5 minutes before serving.

Nutrition per serving

420 kcal	35 g	8 g	28 g
Calories	Protein	Carbs	Fat

Tips & notes

- A splash of extra cream at the end can rescue a slightly thickened sauce.
- Feel free to add a handful of fresh spinach for extra color and nutrients.
- For a spicy kick, stir in a pinch of cayenne pepper with the garlic.