Plate Dream

Creamy Low Carb Chicken Casserole

Rich, creamy chicken casserole that’s low in carbs and big on comfort.

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

Ingredients

Main Ingredients

- [ ] 1.5 lb skinless chicken breast, cut into bite-size pieces
- [ ] 2 cups cauliflower rice
- [ ] 1 cup heavy cream
- [ ] 1 cup shredded cheddar cheese
- [ ] 1/2 cup low-sodium chicken broth
- [ ] 2 cloves garlic, minced
- [ ] 1 tsp lemon zest
- [ ] 1 tbsp lemon juice
- [ ] 2 tbsp butter
- [ ] 1 tsp dried thyme
- [ ] Salt and pepper to taste

Optional Topping

- [ ] 1/4 cup grated Parmesan cheese
- [ ] Fresh parsley, chopped

Instructions

1. Preheat the oven to 375°F (190°C). In a large skillet, melt butter over medium-high heat and sear the chicken pieces until lightly golden, about 4-5 minutes.
2. Add minced garlic and thyme, cooking until fragrant, then deglaze with chicken broth, scraping up any browned bits.
3. Stir in heavy cream, lemon zest, and lemon juice; let the mixture simmer for 2-3 minutes until it thickens slightly.
4. Fold in cauliflower rice, ensuring it’s evenly coated. Season with salt and pepper, then transfer the mixture to a greased casserole dish.
5. Top with shredded cheddar and optional Parmesan. Bake, covered with foil, for 20 minutes.
6. Remove foil and bake an additional 10 minutes until the cheese is bubbling and golden. Let rest 5 minutes before serving.

Nutrition per serving

420 kcal	32 g	8 g	28 g
Calories	Protein	Carbs	Fat

> **Tips & notes**
> - If you prefer a milder flavor, reduce the lemon zest.
> - For extra crunch, sprinkle toasted almond slivers on top before serving.
> - The casserole can be assembled a day ahead; keep covered and refrigerate.