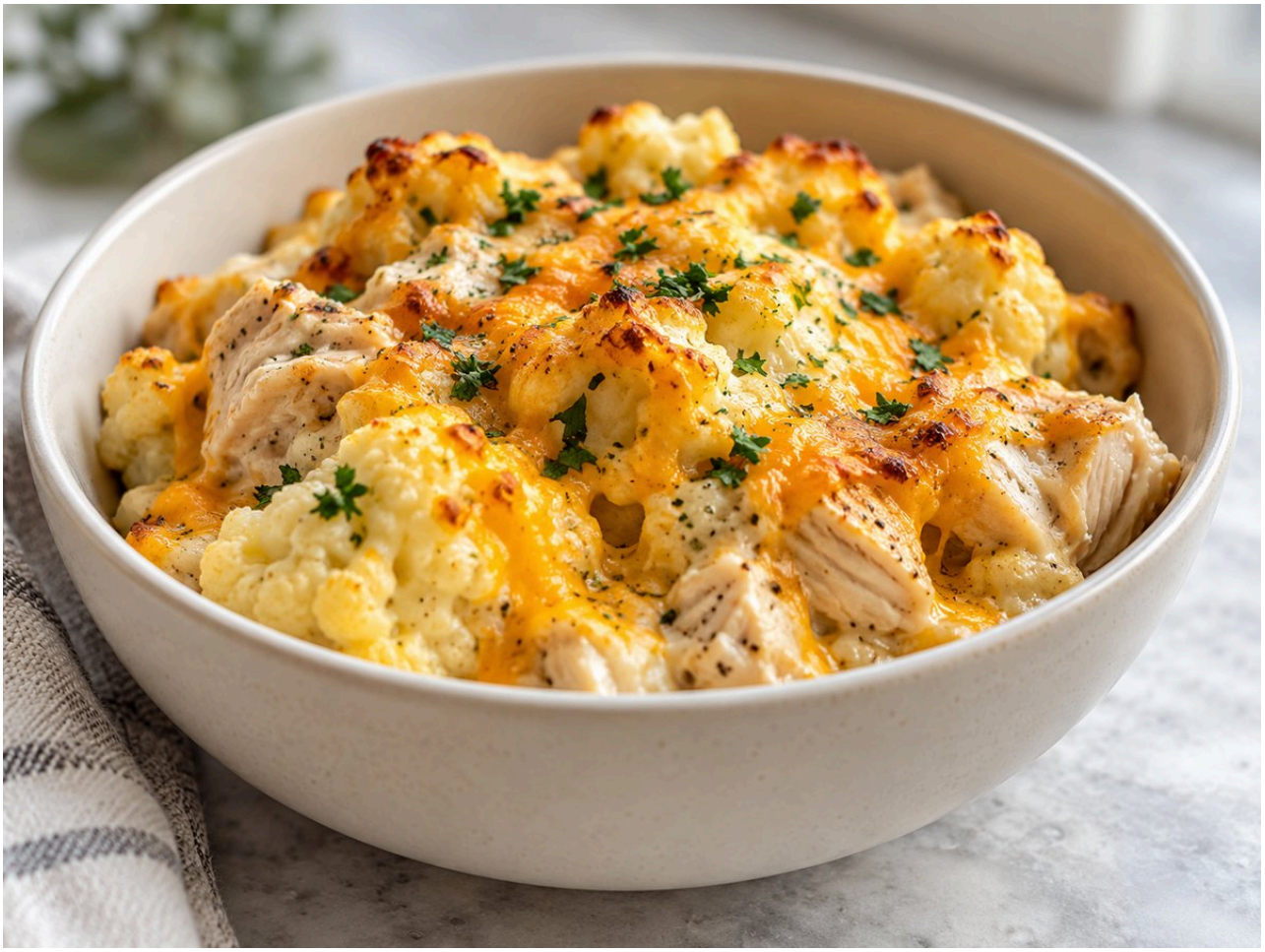
EASY CHICKEN CASSEROLE / RECIPE CARD

Keto Chicken Casserole Recipes

Cauliflower replaces noodles in this creamy chicken and cheddar casserole with a simple low-carb ingredient list.

50 min TOTAL	**15 min** PREP	**35 min** COOK	**4 servings** YIELD



Finished dish • one serving

Ingredients

- 3 cups (420 g) fully cooked chicken, chopped
- 3/4 cup (180 ml) heavy cream
- 1 cup (112 g) cheddar made with microbial rennet
- 1/4 tsp (1.5 g) salt
- 4 cups (400 g) cauliflower florets
- 4 oz (115 g) plain cream cheese
- 1/2 tsp (1.5 g) garlic powder
- 1/4 tsp (0.5 g) black pepper

Method

01 Heat oven to 375°F (190°C). Steam cauliflower for 5 minutes, then drain and dry it very well.

02 Warm cream and cream cheese in a saucepan over low heat, stirring until smooth. Stir in garlic powder, salt, and pepper.

03 Combine cooked chicken, cauliflower, and sauce in a 2-quart baking dish. Sprinkle cheddar evenly over the top.

04 Bake 25-30 minutes, until the center reaches 165°F (74°C). Rest for 5 minutes before serving.

Why it works

Removing moisture from the steamed cauliflower helps prevent a watery casserole. A smooth cream-cheese sauce coats the chicken and florets before the cheddar melts over the top.

Doneness & tips

- Drain and dry the steamed cauliflower very well before assembling.
- Warm the cream cheese gently over low heat and stir until smooth.
- Use chicken that is fully cooked and safely refrigerated. Check the center of the casserole with a thermometer.

Easy variations

- Broccoli: swap in broccoli florets for cauliflower.
- Herby: add 1 tsp dried thyme to the sauce.
- Spicy: stir 1/4 tsp cayenne into the sauce.

Serve, store & reheat

Divide into four portions and serve hot with a crisp green salad.

Refrigerate in shallow covered containers within 2 hours (within 1 hour above 90°F / 32°C). Keep at 40°F (4°C) or below and use within 3-4 days. Count any prior storage time of cooked chicken. Freeze cooled portions airtight for up to 2 months for best quality; thaw in the refrigerator. Dairy sauce may separate slightly.

Reheat in a covered oven dish at 350°F (175°C) or gently in a saucepan with a splash of liquid until 165°F (74°C) throughout. Check several spots. Do not use a slow cooker to reheat leftovers.

Quick FAQ

Can I use broccoli instead? Yes. Use broccoli florets in place of cauliflower and steam until just tender before baking.

How do I know it is done? Check the center with a food thermometer; it must reach 165°F (74°C).

Food safety: Use fully cooked chicken that has been safely handled. Check that the casserole center reaches 165°F (74°C). Refrigerate leftovers promptly. Original recipe formulation; cooking times are estimates.