



Chicken Alfredo Casserole

This is one of our FAVORITE Keto dinner recipes! We were at a neighbor's house and she made this amazing from scratch Alfredo sauce (thanks for sharing Rachel!). Our kids love Keto casseroles, and riced cauliflower is always in my house . . . so I decided to make a Chicken Alfredo Casserole! Needless to say, we all LOVED it.

If you're not a fan of riced cauliflower, skip that part and just eat the chicken and sauce . . . but the Alfredo sauce mixed in with the riced cauliflower was delicious - I'm thinking next time . . . risotto!

Recipe:

1 Lb Chicken
2 C Riced Cauliflower
1 Cup Heavy Cream
1 T Cream Cheese

$\frac{3}{4}$ C Parmesan Cheese
 $\frac{1}{4}$ C Mozzarella
1 teaspoon Garlic Powder
Pinch of Salt
Black Pepper to taste

2-3 Cups of Riced Cauliflower in an 8x8 pan. Bake the Cauliflower at 350 for 15 minutes to dry it out. This keeps your casserole from being soggy. Also, Cauliflower is optional - you can also just eat the sauce and chicken alone!

Cook chick however you prefer (we like to do the stovetop, or even Instant Pot and then shred it!).

Combine all sauce ingredients over low heat until melted together.

Place chicken on top of cooked riced cauliflower, pour sauce on top.

Bake for another 15 minutes at 350.



The Keto Dad Tips and Tricks:

- We cooked up chicken tenders on a pan and served them in larger pieces. With kids, it's sometimes easier to shred the chicken on top of the casserole so you don't have to cut anything up!
- If you or your kids don't like riced cauliflower, you can just serve the chicken with sauce on top! It's delicious!
- A spinach salad is a go-to side for us!

Servings: 5

Calories: 475, Fat: 40g, Carbs: 4g, Fiber: 1g, (Net Carbs 3) Protein: 26g

SimpleFunKeto.com

Facebook: The Keto Dad Instagram: @theketodadlife YouTube: The Keto Dad