



Chicken Parmesan Casserole

Chicken parmesan is one of those dishes that just about everyone loves. I'm actually a little surprised it took us this long to make it into a Keto Casserole! We tend to lean a little heavy on the casseroles (or Hot Dish for us midwesterners) because the kids need their food cut up . . . so why not do that at the beginning of the meal rather than at the end?! If you prefer the typical Chicken Parm, just leave your chicken tenders or breasts whole and pile everything on top!

Recipe:

1 C Riced Flower
Oregano and Basil to taste
1 lb Chicken
1.5 C Pasta Sauce
1 C Shredded Mozzarella
¼ C Parmesan Cheese
¼ C Pork Rinds, crushed

Optional: See note below about pre-cooking cauliflower.

Pour 1 C frozen or fresh riced cauliflower into dish. Top with seasoning. Add chicken, then pasta sauce, cheeses, and pork rinds.



Bake at 350 for 20-25 minutes.

The Keto Dad Tips and Tricks:

- To reduce water in the pan, just cook riced Cauliflower and spices at 350 for 10 minutes to dry out Cauliflower. Some people like this option. We just put the frozen cauliflower in the dish and then bake it at the same time as the rest of the dish. We're ok with the extra water (helps the leftovers stay creamy!)

Serving size: Serves 4

Calories: 353, Fat: 23g, Carbs: 7g, Fiber: 2g, (Net Carbs 5) Protein: 33g

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