



Easy Chicken Lasagna

This was good. Like really good. It's Lasagna, it's chicken, it's cheese...and it's sure to please your entire family whether they're low carb, Keto, or total carbivores! Freezes great, and easy to make. Check it out!

Here are the Ingredients You'll Need:

- 2 chicken breasts
- 1 cup marinara sauce
- 1/2 cup ricotta
- 1/2 cup cottage cheese
- 2 tsp Italian seasoning
- 1.5 cup mozzarella cheese
- 1 egg
- 1 tsp garlic powder



Recipe:

- Slice the chicken breasts in half
- Mix the egg, half the mozzarella, ricotta, cottage cheese and spices in a bowl
- Place chicken breasts open in a pan. Add one layer of marinara. Spread all the stuffing from the bowl on top.
- Close the chicken breasts.
- Top with more sauce, remaining mozzarella and Italian seasoning.
- Bake at 400 for 25-30 min

The Keto Dad Tips:

- To cut down on the carbs, you can change up the ricotta and/or cottage cheese. Just use cream cheese or more mozzarella instead!
- The chicken can get a little watery. Letting it sit before serving can help. Some people like to pre-cook and then shred the chicken into layer like lasagna

Serves: 6

Macros: Calories: 226, Fat: 14g, Carbs: 4g, Fiber: 0g (Net Carbs 4), Protein: 21g

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