

SAVE RECIPE!

LOW CARB MEXICAN CHICKEN CASSEROLE



Meal prep for busy weeknights or enjoy with low carb cocktails — there's never a bad time to enjoy this cheesy, crunchy, comforting, warm and delicious low carb mexican chicken casserole!

PREP TIME

15 mins

COOK TIME

30 mins

TOTAL TIME

45 mins

SERVINGS: 10 Servings AUTHOR: Lindsey

INGREDIENTS

- 1 Lb Boneless Skinless Chicken Breast
- 2 Tablespoons Olive Oil
- 1 Red Bell Pepper
- 1 White or Red Onion
- 2 Teaspoons Salt
- 1 Teaspoon Pepper
- 1 Tablespoon Chili Powder
- 1 Tablespoon Cumin
- 2 Teaspoons Dried Oregano
- 1/2 Cups Sour Cream
- 1 Cup Salsa spicy or mild depending on preference
- 1/4 Cup Heavy Cream
- 1 Cup Pepper Jack Cheese shredded
- Cilantro to garnish

INSTRUCTIONS

1. Preheat oven to 350F.
2. Cook the chicken anyway you'd like. Allow chicken to cool, then shred it into bite sized pieces.
3. Chop bell pepper and onion. Add them to a pan with olive oil, salt and pepper, and saute until softened.

Remove from heat.

4. In a bowl, mix chili powder, cumin and oregano. Add sour cream, salsa, cooked veggies and shredded chicken and stir to combine.
5. Pour contents of bowl into a 9x13 casserole dish or large skillet.. *⇒ used square stone*
6. Pour heavy cream evenly over the top and sprinkle with shredded cheese.
7. Bake for 30 minutes, or until casserole is warmed all the way through and the cheese has lightly browned.

NOTES

Cook the chicken any way you'd like, or **to save some time:** use precooked chicken and shred it by hand. This would work with rotisserie chicken as well.

Nutritional information below is based on 1 slice if you cut the casserole into 10 slices.

NUTRITION

Calories: 183kcal | Carbohydrates: 5g | Protein: 13g | Fat: 12g | Saturated Fat: 5g | Cholesterol: 53mg | Sodium: 788mg | Potassium: 344mg | Fiber: 1g | Sugar: 2g | Vitamin A: 20.2% | Vitamin C: 20.8% | Calcium: 12.8% | Iron: 6.4%

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DID YOU MAKE THIS RECIPE? I'D LOVE TO SEE!

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