

# KETO CHICKEN, BROCCOLI AND CHEESE CASSEROLE

*yield:* **10 SERVINGS**

*prep time:* **35 MINUTES**

*cook time:* **1 HOUR 25 MINUTES**

*total time:* **2 HOURS**

*For anyone who adores the marriage of chicken and cheese, it's a match made in heaven, with tiny broccoli florets to help balance the rich, creaminess of the dish.*

## INGREDIENTS

- 4 boneless, skinless chicken breasts (about 3 lbs)
- 3 medium heads broccoli, cut into 1" to 1 1/2" florets (approx. 9 cups of raw, cut broccoli)
- 1 cup sour cream
- 1 cup block cream cheese, (8 oz package) softened
- 1/2 cup mayonnaise
- 1 egg, beaten
- 2 cups cheddar cheese, shredded (8 oz bag), divided (1 1/2 cups + 1/2 cup for topping)
- 2 cups mozzarella cheese, (8 oz bag) divided, (1 1/2 cups + 1/2 cup for topping)
- 1 teaspoon salt
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon black pepper
- 1 teaspoon instant chicken bouillon powder (can substitute with one crushed bouillon cube)
- 1/2 cup hot water

## DIRECTIONS

- 1 Place chicken breasts in a large pot and pour in enough water to cover the breasts. Salt the water. Place over medium/high heat, bring to a boil, then reduce heat to low and simmer until no longer pink, about 40 minutes. Allow chicken to cool, then shred it into small pieces. Set aside.
- 2 Meanwhile, preheat the oven to 350 degrees. Grease a 13x9 inch baking dish with butter or non-stick cooking spray.
- 3 Add a few pinches of salt to the broccoli florets and steam until crisp-tender using your favorite method. I find the microwave steam bags to be super fast and easy. Once cooked, set aside.

- 4 In a large bowl, using a hand mixer, blend sour cream, softened cream cheese, mayonnaise, egg, and spices (salt through pepper) until thoroughly combined. Dissolve bouillon in 1/2 cup of hot water and beat into the mixture. Now add 1 1/2 cups each cheddar and mozzarella, mix well. Lastly, add the shredded chicken, stir to combine.
  
- 5 Spread about 1/4 of the chicken mixture into an even layer on the bottom of your greased baking dish. Make a second layer using the broccoli, followed by the rest of the chicken mixture. Top with remaining cheese.
  
- 6 Bake for 45 minutes. Let stand 5 minutes before serving.

## NUTRITIONAL INFORMATION

Yield: 10 servings, Serving Size: approx. 1 1/4 cups

*Amount Per Serving:* Calories: 558, Total Carbohydrates: 9g, Fiber: 2g, Net Carbohydrates: 7g, Total Fat: 38g, Protein: 46g

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