

Keto-Friendly Chicken Spinach Mushroom Casserole

Chicken Spinach and Mushroom Low Carb Oven Dish



OVEN
375°F

TIME
45 min

TEMP
165°F

PRINT
Recipe Card

INGREDIENTS

- 1 small bag fresh baby spinach
- 1 dash black pepper
- 1 dash herb and garlic seasoning
- 8 oz shredded mozzarella cheese
- 6 thin-sliced chicken breasts
- 1 container green onion cream cheese
- ... cup olive oil
- $\frac{1}{2}$ cup chicken broth
- 1 large package sliced mushrooms

Swaps and Notes:

Cream cheese: Swap green onion cream cheese for plain and stir in chopped chives or garlic powder.

Cheese: Try provolone, gouda, or a blend for different flavor profiles.

Protein: Use boneless skinless thighs instead of breasts for juicier meat.

Vegetarian version: Replace chicken with sliced zucchini or portobello caps and use vegetable broth.

Low dairy option: Use dairy-free cream cheese and shredded cheese alternatives.

Step-by-Step Directions:

Preheat your oven to 375°F (190°C).

In a 9x13-inch baking dish, lay out the thinly sliced chicken breasts in a single layer.

Top the chicken with fresh spinach and mushrooms, spreading evenly.

Sprinkle a dash of pepper and herb & garlic seasoning over the top.

In a bowl, soften the green onion cream cheese, then whisk in the olive oil and chicken broth until smooth and pourable.

Pour the cream cheese mixture evenly over the chicken, spinach, and mushrooms.

Lay a piece of foil loosely over the top-do not seal tightly.

Bake for 20 minutes covered, then remove the foil.

Continue baking uncovered for 20-25 minutes until bubbling and chicken is nearly cooked through.

Sprinkle shredded mozzarella cheese evenly on top.

Bake uncovered for another 10 minutes, or until the cheese is melted and golden brown.

Let cool for 10 minutes before serving to help it set.

Tips for Success:

Use thin-sliced chicken so it cooks evenly with the veggies.

Don't overcook-check at the 40-minute mark with a meat thermometer (internal temp should reach 165°F).

Fresh spinach wilts perfectly, but you can also sauté it briefly if you prefer less water release.

Make sure to soften the cream cheese fully so the sauce blends smoothly.

Serving Suggestions & Pairings:

Serve with cauliflower rice, zoodles, or a simple side salad.

DIRECTIONS

1. Preheat your oven to 375°F (190°C).
2. In a 9x13-inch baking dish, lay out the thinly sliced chicken breasts in a single layer.
3. Top the chicken with fresh spinach and mushrooms, spreading evenly.
4. Sprinkle a dash of pepper and herb & garlic seasoning over the top.
5. In a bowl, soften the green onion cream cheese, then whisk in the olive oil and chicken broth until smooth and pourable.
6. Pour the cream cheese mixture evenly over the chicken, spinach, and mushrooms.
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13. Tips for Success: Use thin-sliced chicken so it cooks evenly with the veggies.
14. Don't overcook-check at the 40-minute mark with a meat thermometer (internal temp should reach 165°F).
15. Fresh spinach wilts perfectly, but you can also sauté it briefly if you prefer less water release.
16. Make sure to soften the cream cheese fully so the sauce blends smoothly.
17. Serving Suggestions & Pairings: This low carb casserole is hearty on its own, but here's how you can round it out:

18. Serve with cauliflower rice, zoodles, or a simple side salad.
19. Pair it with : These Easy Cheesy Chicken Sliders for a game-day dinner.
20. Need a side with zip? Try These Chicken Enchiladas for a Tex-Mex twist.
21. Storage and Leftover Tips: Store leftovers in an airtight container in the fridge for up to 4 days.
22. Reheat in the oven at 350°F or microwave in 1-minute bursts until warm.
23. This dish freezes well too-just assemble it and freeze before baking, or freeze fully cooked portions.
24. More Recipes You Will Love: If this one's a hit, you'll love these flavor-packed favorites:
25. This : Dorito Casserole - for when you want cheesy crunch with no effort.

SWAPS & NOTES

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More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/keto-friendly-chicken-spinach-mushroom-casserole/>