

## One-Pan Chicken Spinach Mushroom Casserole - Low Carb Perfection

When you're craving something warm, cheesy, comforting-but without the carb overload-this



**OVEN**  
**375°F**

**TIME**  
**20 min**

**PRINT**  
**Recipe Card**

**SAVE**  
**PDF**

### INGREDIENTS

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

#### Ingredient Notes & Swaps:

**Cream Cheese:** Green onion cream cheese adds herby flavor, but plain or garlic herb cream cheese will also work.

**Mozzarella:** For a twist, try a blend of mozzarella and provolone or smoked gouda.

**Mushrooms:** White button or cremini are great-just avoid overly watery varieties like portobello caps in this dish.

**Spinach:** Baby spinach wilts beautifully. You can also use frozen, just thaw and squeeze dry thoroughly.

#### Step-by-Step Instructions:

**Preheat & Prep**Preheat oven to 375°F. Lightly grease a 9x13 baking pan with nonstick spray or a thin brush of olive oil.

**Layer the Base**Lay chicken breasts flat in the pan. Top evenly with baby spinach, then layer sliced

mushrooms over everything. Sprinkle on pepper and herb & garlic seasoning.

Make the SauceIn a bowl, soften cream cheese slightly (microwave 20 seconds if needed), then whisk in olive oil and chicken broth until smooth and pourable.

Assemble & Bake - Phase 1Pour cream cheese mixture over the chicken and vegetables. Cover loosely with foil (do not seal), and bake for 20 minutes.

Uncover & Bake - Phase 2Remove foil, bake uncovered another 20-25 minutes until the top begins to brown and mushrooms are tender.

Cheese FinishSprinkle mozzarella cheese generously on top. Return to oven for another 10 minutes, until melted and golden in spots.

Cool & ServeLet rest for 10 minutes before serving. This helps the sauce thicken and flavors meld.

Tips for Success:

Don't skip the rest time-it allows juices to redistribute.

Use thin-sliced chicken to ensure everything bakes evenly.

You can make this ahead of time and refrigerate before baking-just add 10 extra minutes to the baking time.

Serving Suggestions & Pairings:

Cauliflower mash or zucchini noodles

A crisp green salad with vinaigrette

Blueberry Lemonade for a cool, tangy balance

Or go Southern-style with a mini ladle of Turkey Wings on the side for a bigger spread

Storage & Leftovers:

Fridge: Store in an airtight container for up to 4 days.

Freezer: Freeze individual portions wrapped tightly for up to 2 months.

Reheat in microwave or 350°F oven until heated through. Add a splash of broth if needed.

## DIRECTIONS

1. Preheat & : PrepPreheat oven to 375°F. Lightly grease a 9x13 baking pan with nonstick spray or a thin brush of olive oil.
2. Layer the : BaseLay chicken breasts flat in the pan. Top evenly with baby spinach, then layer sliced mushrooms over everything. Sprinkle on pepper and herb & garlic seasoning.
3. Make the : SauceIn a bowl, soften cream cheese slightly (microwave 20 seconds if needed), then whisk in olive oil and chicken broth until smooth and pourable.
4. Assemble & : Bake - Phase 1Pour cream cheese mixture over the chicken and vegetables. Cover loosely with foil (do not seal), and bake for 20 minutes.
5. Uncover & : Bake - Phase 2Remove foil, bake uncovered another 20-25 minutes until the top begins to brown and mushrooms are tender.
6. Cheese : FinishSprinkle mozzarella cheese generously on top. Return to oven for another 10 minutes, until melted and golden in spots.
7. Cool & : ServeLet rest for 10 minutes before serving. This helps the sauce thicken and flavors meld.
8. Tips for Success: Don't skip the rest time-it allows juices to redistribute.
9. Use thin-sliced chicken to ensure everything bakes evenly.
10. You can make this ahead of time and refrigerate before baking-just add 10 extra minutes to the baking time.
11. Serving Suggestions & Pairings: Serve this creamy dish with a light side like:

12. Cauliflower mash or zucchini noodles
13. A crisp green salad with vinaigrette
14. Blueberry : Lemonade for a cool, tangy balance
15. Or go : Southern-style with a mini ladle of Turkey Wings on the side for a bigger spread
16. Storage & Leftovers: Fridge: Store in an airtight container for up to 4 days.
17. Freezer: Freeze individual portions wrapped tightly for up to 2 months.
18. Reheat in microwave or 350°F oven until heated through. Add a splash of broth if needed.
19. More Recipes You'll Love: A Light Tangy Chicken Salad (No Mayo!) - a perfect contrast to this warm, creamy bake
20. Cajun : Chicken Sausage Gumbo - for next-level chicken night
21. Chocolate : Chip Cookie Dough Brownie Bombs - for the ultimate low carb cheat-day dessert
22. Final Thoughts: This Chicken Spinach Mushroom Bake brings together everything I want in a weekday recipe-simple prep, rich flavor, and feel-good ingredients that don't wreck your eating plan. If you're on a low carb journey or just want a new way to love chicken, this one's a keeper.
23. Try it this week and let me know what you think in the comments! Be sure to follow for more cozy, easy-to-make favorites.

## SWAPS & NOTES

& Swaps Cream Cheese : Green onion cream cheese adds herby flavor, but plain or garlic herb cream cheese will also work.

Mozzarella : For a twist, try a blend of mozzarella and provolone or smoked gouda.

Mushrooms : White button or cremini are great-just avoid overly watery varieties like portobello caps in this dish.

Spinach : Baby spinach wilts beautifully.

## TIPS FOR SUCCESS

Don't skip the rest time -it allows juices to redistribute.

Use thin-sliced chicken to ensure everything bakes evenly.

You can make this ahead of time and refrigerate before baking-just add 10 extra minutes to the baking time.

