

My Favorite Chicken Zucchini Bake: A Cheesy and Healthy Meal

2 cups cooked chicken, shredded



OVEN
375°F

TIME
25 to 30 min

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INGREDIENTS

2 cups cooked chicken, shredded
3 medium zucchinis, sliced into rounds
1 cup cherry tomatoes, halved
1 cup shredded mozzarella cheese
1/2 cup grated Parmesan cheese
1/2 cup cream cheese, softened
1 teaspoon garlic powder
1 teaspoon Italian seasoning
Salt and black pepper to taste
1 tablespoon olive oil
Optional: Fresh basil for garnish

DIRECTIONS

1. Preheat the : Oven: Set your oven to 375°F (190°C) to preheat.
2. Combine : Ingredients: In a large bowl, combine the shredded cooked chicken, zucchini rounds, halved cherry tomatoes, shredded mozzarella cheese, softened cream cheese, garlic powder, Italian seasoning, and a pinch of salt and pepper. Stir everything together until the ingredients are evenly mixed and coated in the cream cheese.
3. Prepare the : Baking Dish: Lightly grease a 9x13-inch baking dish with olive oil.
4. Assemble the : Bake: Pour the chicken and zucchini mixture into the prepared baking dish and spread it out evenly.
5. Add the : Topping: Sprinkle the grated Parmesan cheese over the top of the mixture.
6. Bake: Place the dish in the preheated oven and bake for 25 to 30 minutes, or until the zucchini has softened, the sauce is bubbly, and the top is a beautiful golden-brown.
7. Garnish and : Serve: Let the bake cool for a few minutes before serving. If you're using it, sprinkle fresh basil over the top for a final flourish.

SWAPS & NOTES

Chicken: Using pre-cooked rotisserie chicken is a great shortcut to get this meal on the table even faster.

You can also cook and shred your own chicken breasts or thighs.

Zucchini: The slicing of the zucchini is important for even cooking.

Try to keep the rounds a uniform thickness, about 1/4-inch thick.

TIPS FOR SUCCESS

Use Cooked Chicken: This recipe relies on pre-cooked chicken.

Using a rotisserie chicken is a great way to save time and get a wonderfully moist, flavorful result.

Mix Thoroughly: Make sure the cream cheese is fully softened and you mix all the ingredients thoroughly in the bowl.

This ensures that the creamy, cheesy goodness is evenly distributed throughout the bake.

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

Original recipe: <https://chefmaniac.com/my-favorite-chicken-zucchini-bake-a-cheesy-and-healthy-meal/>