

Chicken Zucchini Spinach Cottage Cheese Bake: A High-Protein Family Dinner

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OVEN
375°F

TIME
3 to 4 min

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INGREDIENTS

2% cups cooked shredded chicken
2 cups zucchini, diced small
2 cups fresh spinach, roughly chopped
1... cups cottage cheese
2 large eggs, lightly beaten
¾ cup shredded mozzarella
1/3 cup grated Parmesan
1 teaspoon garlic powder
¾ teaspoon Italian seasoning
¾ teaspoon salt
Black pepper, to taste

DIRECTIONS

1. Preheat your oven to 375°F and lightly grease an 8x8-inch baking dish.
2. In a skillet, sauté the diced zucchini for 3 to 4 minutes to cook off some of its moisture.
3. Add the chopped spinach and cook just until wilted. Let the vegetable mixture cool slightly.
4. In a large bowl, whisk together the cottage cheese, lightly beaten eggs, garlic powder, Italian seasoning, salt, and black pepper.
5. Fold in the shredded chicken, the zucchini-spinach mixture, and half of the mozzarella and Parmesan.
6. Spread the mixture evenly into the prepared baking dish.
7. Top with the remaining cheese.
8. Bake for 25 to 30 minutes, until the top is browned and the center is set.
9. Let the bake rest for 5 to 10 minutes before serving.
10. That short resting time helps it firm up nicely so it's easier to scoop or slice.

SWAPS & NOTES

This recipe is very flexible, which is always a plus in my kitchen.

Rotisserie chicken works beautifully here and makes the whole dish even easier.

If you have leftover baked or poached chicken, that works just as well.

For the vegetables, zucchini is a great choice because it softens quickly and blends right into the bake, but yellow squash can be swapped in if needed.

TIPS FOR SUCCESS

The biggest key to a great bake like this is managing moisture.

Zucchini naturally holds a lot of water, so sautéing it before adding it to the casserole makes a big difference.

Letting the spinach wilt in the same pan also helps prevent excess liquid from watering down the mixture.

It also helps to let the vegetable mixture cool for a minute or two before adding it to the eggs and cottage cheese.

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

Original recipe: <https://chefmaniac.com/chicken-zucchini-spinach-cottage-cheese-bake-a-high-protein-family-dinner/>