

Bite Spoon

Creamy Low Carb Chicken Casserole

15 min Prep time	**30 min** Cook time	**45 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 4 bone-in, skin-on chicken thighs
- [ ] 1 cup heavy cream
- [ ] 1 cup shredded mozzarella cheese
- [ ] ½ cup grated Parmesan cheese
- [ ] 2 cloves garlic, minced
- [ ] ½ small onion, diced
- [ ] 1 tbsp olive oil
- [ ] ¼ tsp fresh lemon zest
- [ ] 1 tbsp fresh lemon juice
- [ ] Salt and pepper to taste

Optional Low-Carb Add-In

- [ ] 1 cup cauliflower rice (optional for extra bulk)

Instructions

1. Pat the chicken thighs dry, season both sides with salt and pepper, then set aside.
2. Heat olive oil in a large skillet over medium-high heat. Place the thighs skin-side down and sear until the skin is golden and crisp, about 5 minutes; flip and brown the other side for 3 minutes.
3. Remove chicken and add the onion and garlic to the pan; sauté until translucent, then deglaze with a splash of broth, stirring to lift the browned bits.
4. Stir in the heavy cream, lemon zest, and lemon juice. Reduce heat to low and let the sauce simmer gently for 3–4 minutes until it thickens slightly; avoid a hard boil.
5. Return the chicken to the skillet, nestle the cauliflower rice if using, sprinkle mozzarella and Parmesan over the top, and transfer to a preheated 375°F oven. Bake for 20 minutes, or until the cheese is bubbling and lightly browned.

Nutrition per serving

420 kcal	30 g	5 g	32 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a spicier profile, add a pinch of red pepper flakes to the sauce.
- For a deeper flavor, let the casserole rest covered for 10 minutes before serving.
- You can swap mozzarella for Gruyère for a nuttier finish.