Prep Time: 15 Minutes | Cook Time: 25 Minutes | Total Time: 40 Minutes

If you are craving the bold, zesty flavors of a taco night but want to keep things low-carb and high-protein, this Deliciously Cheesy Low Carb Chicken Taco Casserole is your new best friend. It combines shredded chicken, a rich and creamy spiced sauce, and a generous blanket of melted cheese into one comforting, easy-to-make dish. Perfect for busy weeknights, this casserole is keto-friendly, gluten-free, and guaranteed to please the whole family. It's a fiesta in a baking dish!

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Why You'll Love This Recipe

- Incredibly Flavorful: Packed with taco seasoning, green chiles, and salsa, every bite is a burst of Tex-Mex flavor.

- Low-Carb & Keto-Friendly: At just 5g of net carbs per serving, this dish fits perfectly into a low-carb lifestyle without sacrificing taste.

- High in Protein: With over 30g of protein per serving, it's a satisfying meal that will keep you full and energized.

- Quick & Easy: Ready in just 40 minutes from start to finish, this is the ultimate weeknight dinner solution.

- Family-Approved: Even the pickiest eaters will love the cheesy, creamy goodness of this casserole.

Ingredients

- 1.5 lbs (680g) cooked chicken breast, shredded

- 1 (8 oz / 225g) package full-fat cream cheese, softened

- 1/2 cup (120g) sour cream

- 1 cup (240g) salsa (choose your favorite heat level)

- 1 (4 oz / 113g) can diced green chiles, drained

- 2 tbsp homemade or store-bought taco seasoning (ensure it’s sugar-free for low-carb)

- 1 tsp garlic powder

- 1 tsp onion powder

- 2 cups (200g) shredded Mexican blend cheese (cheddar, Monterey Jack, etc.)

- For Garnish (Optional):
    - Chopped fresh cilantro
    - Diced avocado
    - Sliced black olives
    - A dollop of sour cream
    - Sliced jalapeños

Instructions

1. Preheat and Prepare: Preheat your oven to 375°F (190°C). Lightly grease a 9×13 inch (23×33 cm) baking dish with cooking spray or a little butter.

2. Create the Creamy Base: In a large mixing bowl, combine the softened cream cheese, sour cream, salsa, and taco seasoning. Use a hand mixer or a sturdy whisk to blend until the mixture is smooth and creamy.

3. Combine the Filling: Add the shredded chicken, drained green chiles, garlic powder, and onion powder to the creamy mixture. Stir well until the chicken is evenly coated.

4. Assemble the Casserole: Spread the chicken mixture evenly into the bottom of your

prepared baking dish. Smooth the top with a spatula.

5. Add the Cheese: Sprinkle the shredded Mexican blend cheese in an even layer over the top of the casserole.

6. Bake: Place the dish in the preheated oven and bake for 20-25 minutes, or until the cheese is melted, bubbly, and slightly golden around the edges.

7. Rest and Garnish: Carefully remove the casserole from the oven and let it rest for 5-10 minutes. This allows the casserole to set, making it easier to serve. Garnish with your favorite toppings like fresh cilantro, avocado, or a dollop of sour cream.

Recipe Intensities

- Prep Intensity: Low. This recipe involves simple mixing and layering, making it very approachable for cooks of all skill levels.

- Cooking Intensity: Low. Once in the oven, the dish requires no monitoring until it’s ready. The primary sensory cue is the visual of the cheese bubbling and turning golden brown and the aroma of the spices filling your kitchen.

Storage and Reheating

- To Store: Cover the cooled casserole tightly with plastic wrap or transfer it to an airtight container. Store in the refrigerator for up to 4 days.

- To Reheat: Reheat individual portions in the microwave for 2-3 minutes, or until heated through. To reheat the entire dish, cover with foil and bake in a 350°F (175°C) oven for about 15-20 minutes, or until hot.

Nutrition Information (Estimated)

Disclaimer: Nutritional values are estimates and will vary based on the specific brands and ingredients you use.

- Servings: 6
- Calories: 475 kcal
- Total Fat: 34g
- Saturated Fat: 19g
- Cholesterol: 150mg
- Sodium: 850mg
- Total Carbohydrates: 6g
- Dietary Fiber: 1g

- Sugars: 3g
- Net Carbs: 5g
- Protein: 35g