

Low Carb Alfredo Chicken Casserole

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Servings: 6 Servings

Ingredients

- 8 Ounces Cream Cheese Softened
- 1/2 Cup Heavy Whipping Cream
- 1/2 Cup + 2 Tablespoons Parmesan, Divided I use the green can kind
- 1/2 Teaspoon Basil
- 1/2 Teaspoon Salt
- 2.5 Cups Cooked Chicken cubed or shredded
- 2 Tablespoons Minced Garlic
- 1/2 Cup Chopped Onion
- 16 Ounce Bag Frozen Cauliflower
- 10 Ounce Bag Frozen Spinach
- 1 Cup + 1/2 Cup Shredded Mozzarella cheese, Divided



Steps

1. Preheat oven to 350.
2. In a large bowl, beat softened cream cheese, heavy whipping cream, 1/2 cup Parmesan, basil, and salt until mixed well.
3. Add chicken, minced garlic, chopped onion, frozen cauliflower, frozen spinach, and 1 cup shredded Mozzarella cheese.
4. Mix until well combined.
5. Pour mixture into a greased 9x13 dish and top with remaining 1/2 cup Mozzarella cheese and 2 tablespoons Parmesan cheese.
6. Bake for 35-45 minutes, or until casserole is bubbly and cheese begins to brown on top.

Notes

- Note: I do not thaw my spinach, I try to buy the loosely frozen kind (usually Great Value) instead of the brands that are packed into a box. When it is loosely frozen it is easier to break up for this casserole.