

Keto Chicken Broccoli Casserole

myketokitchen.com

Servings: 8 serves

Ingredients

- 1 pound broccoli cut into florets
- 1 rotisserie chicken meat shredded
- 8 ounces cream cheese
- 3/4 cup heavy cream
- 1/2 cup unsweetened almond milk
- 1 tablespoon dijon mustard
- 1 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon pepper ground
- 1/4 cup fresh basil chopped
- 1 cup cheddar cheese shredded

Steps

1. Preheat your oven to 200C/390F.
2. Place a saucepan of water over high heat and boil the broccoli florets until al dente. Drain well and add to a large mixing bowl along with the shredded chicken.
3. In a small saucepan, add the cream cheese, cream, almond milk, mustard, garlic, salt and pepper and place over low heat. Whisk until the sauce is smooth.
4. Pour the warm sauce into the broccoli and chicken mixture, add the basil, and mix well.
5. Pour the mixture into a casserole dish and top with the shredded cheese.
6. Bake in the oven for 20-30 minutes, until warmed through and the cheese has browned.
7. Serve immediately.

