



protein-packed
**One-Dish
Dinners**

Amee's Savory Dish





Low-Carb CHICKEN BROCCOLI CASSEROLE

Tender chicken breasts and broccoli are baked in a rich cheesy cream sauce to make an easy keto-friendly weeknight dinner the whole family will love!

PREP
TIME

20
min

COOK
TIME

30
min

SERVING
SIZE

4
servings

INGREDIENTS

- 2 tablespoons extra virgin olive oil
- 2 cloves garlic minced
- 1 lb boneless, skinless chicken breast, cubed
- 10.5 oz can cream of chicken with herbs soup
- 1/4 cup half-and-half
- 2 tablespoons butter, melted
- 1 tablespoon sherry cooking wine (don't skip!)
- 14 oz frozen or fresh broccoli crowns
- 1 cup freshly grated Parmesan cheese
- 1 teaspoon sea salt
- 1/2 teaspoon freshly ground pepper

DIRECTIONS

1. Preheat oven to 375 degrees F.
2. Heat olive oil in a large sauté pan over medium heat.
3. Cook chicken and minced garlic until the chicken is no longer pink, about 5-6 minutes, stirring often. Drain off any liquid and pour into a large bowl.
4. Add all other ingredients to the bowl, reserving 1/2 cup Parmesan cheese.
5. Stir well until combined and pour into a buttered casserole dish. Top with remaining cheese.
6. Bake for 30 minutes.



healthier CHICKEN VEGETABLE CASSEROLE

Try this healthier casserole recipe for a delicious weeknight meal. Throw it together the night before and bake when you're ready.

PREP
TIME

15
min

COOK
TIME

45
min

SERVING
SIZE

8
sservings

INGREDIENTS

- ½ cup navy beans drained
- 1 cup milk
- 1 teaspoon turmeric
- 1 teaspoon ground coriander
- 1 teaspoon salt
- 1 cup vegetable broth
- 1 tablespoon extra virgin olive oil
- 2 lbs ground chicken
- 1 cup sweet onion finely chopped
- 1 ½ cups thinly sliced carrots
- 1 ½ cups fresh asparagus (cut into 1-inch pieces)
- 2 cups grated green cabbage
- ½ cup slivered almonds
- 1 ½ cups low-fat aged white cheddar

DIRECTIONS

1. Preheat oven to 350 degrees.
2. Rinse the drained navy beans with water and dump into a blender.
3. Add half of the milk, coriander, turmeric, and blend until smooth.
4. Add the rest of the milk and the broth and blend until mixed.
5. Heat olive oil in a large skillet on medium heat.
6. Add ground chicken and onion and cook until meat is no longer pink and onions are soft.
7. Spray a 9x13 casserole dish with olive oil spray and spread the cooked meat on the bottom of the dish.
8. Add all other ingredients to the dish, including milk mixture and cheese and stir to mix well.
9. Bake 40-45 minutes until lightly browned on top.

high-protein, low carb ZUCCHINI LASAGNA

A healthier low-carb zucchini lasagna recipe made with sliced zucchini, lean ground beef, marinara sauce, a blend of cheeses, and fresh basil.

PREP
TIME

10
min

COOK
TIME

55
min

SERVING
SIZE

8
servings



INGREDIENTS

- 2 medium-large zucchini
- 24 oz jar marinara sauce
- 16 oz low-fat ricotta cheese
- 1 tablespoon extra virgin olive oil
- 1 whole egg
- 2 garlic cloves
- 1 small onion (about 1 cup diced)
- 2 cups shredded 5-cheese Italian cheese blend or mozzarella
- 1 cup parmesan cheese, shredded
- 1 teaspoon salt
- ¼ teaspoon red pepper flakes
- ½ teaspoon fresh ground black pepper
- 1 lb 93% lean ground beef
- 1 tablespoon fresh basil rinsed and chopped fine
- 1 teaspoon Italian seasoning blend such as McCormick's

DIRECTIONS

1. Preheat oven to 375 degrees F.
2. Rinse zucchini, pat dry and slice lengthwise into strips about ¼" thick.
3. Dice onion and mince garlic.
4. Heat olive oil over medium heat and add onion, sauté for 1-2 minutes
5. Add ground beef and garlic to skillet and cook until meat crumbles and is cooked through. Drain.
6. Stir in pasta sauce, Italian seasoning, pepper flakes, and fresh basil and set aside.
7. In a separate bowl combine ricotta cheese, egg, 1 cup shredded cheese blend, ½ cup parmesan, salt and pepper.
8. In the bottom of an 8x8 baking dish, spread ¼ cup of the pasta sauce mixture.
9. Top with 5-6 slices of zucchini.
10. Then, top with ⅓ marinara beef mixture and ⅓ ricotta mixture.
11. Add another layer of zucchini and repeat with remaining ingredients for 2 more layers.
12. Top with remaining Italian cheese and parmesan cheese.
13. Spray a large piece of aluminum foil with cooking spray and tent the foil on top of the pan to prevent the cheese from sticking.
14. Bake at 375 degrees for 40 minutes, covered.
15. Remove the foil and bake 5-10 minutes more until cheese is lightly golden.
16. Let stand 10 minutes before serving. Serves 6-8.



easy MEXICAN CHICKEN CASSEROLE

This Easy Mexican Chicken Casserole made with boneless chicken breasts and black beans is a great, one dish, dinner that is a cinch to throw together.

PREP
TIME

15
min

COOK
TIME

30
min

SERVING
SIZE

8
servings

INGREDIENTS

- 24 oz boneless skinless chicken breasts cut into bite-sized pieces
- 1 tablespoon taco seasoning
- 2 tablespoon olive oil
- 1 red or green pepper seeded and chopped fine
- 16 oz of your favorite salsa
- 2 oz low-fat cream cheese
- 1 15 oz can black beans drained and rinsed
- 1 chopped tomato or 1 can diced tomatoes, 4 drained
- 4 low-carb 6" tortillas
- 1 cup low-fat Mexican shredded cheese

DIRECTIONS

1. Preheat oven to 375 degrees.
2. Warm olive oil in a large, nonstick skillet over medium heat.
3. Add diced chicken and taco seasoning and cook, stirring for 2-3 minutes.
4. Meanwhile, dice green peppers.
5. Drain and rinse black beans. Drain tomatoes (if using canned).
6. Add bell peppers and cook for 2-3 more minutes with the chicken mixture.
7. Stir in salsa.
8. Cook for 2 more minutes with salsa.
9. Add cream cheese and cook, stirring constantly, until melted and blended.
10. Stir in beans and tomatoes.
11. Spoon $\frac{1}{3}$ of chicken mixture into a medium size baking dish.
12. Cover with two tortillas (they will overlap, slightly), top with $\frac{1}{2}$ of the remaining chicken mixture and $\frac{1}{2}$ cup cheese.
13. Top with remaining 2 tortillas, chicken mixture and the rest of the cheese.
14. Cover with foil and bake for 20 minutes.
15. Remove foil and bake for 10-15 minutes longer until cheese is melted and bubbly.
16. Serve immediately.



spaghetti squash MEATBALL CASSEROLE

A low-carb meatball casserole recipe made with shredded spaghetti squash, premade marinara sauce, lean ground beef and fresh mozzarella cheese.

PREP
TIME

20
min

COOK
TIME

1.5
hours

SERVING
SIZE

10
servings

INGREDIENTS

For the meatballs:

- 2 lbs lean ground beef 90% or less
- 1 whole egg
- 1 egg white
- 2 cloves garlic minced
- 1 tablespoon dried parsley
- ½ cup grated parmesan cheese
- ½ cup breadcrumbs I use gluten free
- 1 tablespoon extra virgin olive oil
- salt and pepper to taste

For the casserole:

- 1 large spaghetti squash
- 2 tablespoon extra virgin olive oil
- 4 cloves garlic minced
- 1 sweet onion chopped
- 1 tablespoon Italian seasoning
- ½ cup parmesan cheese
- 1 23.5 oz jar Newman's Own marinara sauce
- 8 oz fresh mozzarella cheese sliced

DIRECTIONS

- Preheat oven to 350 degrees F.
- Slice spaghetti squash down the middle, lengthwise and brush the inside part with olive oil.
- Lay squash, seeded part down onto a cookie sheet and bake for 35-40 minutes.
- While squash is baking, mix all meatball ingredients together (except olive oil) in a large bowl, working it well with your hands.
- Roll into golf ball size balls and refrigerate until your squash comes out of the oven. You should have about 18-20 meatballs.
- When squash is done, flip it with the flesh side up and set aside to cool
- Turn oven up to 375 degrees F. and heat 1 tablespoon olive oil a large skillet over medium-high heat.
- Brown meatballs on all sides and place them onto a baking sheet.

- Bake meatballs for 20 minutes, until cooked through.
- Wipe out your skillet and add the remaining tablespoon olive oil.
- Cook onion and garlic on medium heat until onion is soft, about 4-5 minutes.
- While onion and garlic are cooking, spoon out the seeds in the squash and shred squash with a fork (it should look like thin noodles)
- Add shredded squash to skillet, along with parmesan cheese, Italian seasoning, and salt and pepper, to taste.
- Stir until just blended and remove from heat.
- Spread a thin layer of sauce in the bottom of a 9x13 baking dish
- Top with squash mixture, then arrange your meatballs on top
- Pour remaining sauce over and top with slices of fresh mozzarella.
- Lower oven heat to 350 degrees and bake for 30 minutes.
- Serve immediately.

