



*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.

# Caribbean GRILLED JERK CHICKEN BOWLS

*These vibrant Caribbean Jerk Chicken Bowls are packed with protein, veggies, and bold, smoky-sweet flavors.*



PREP  
TIME

10  
min

COOK  
TIME

20  
min

SERVING  
SIZE

4  
servings

## INGREDIENTS

- Four 4oz chicken breasts
- 1 cup prepared jerk marinade
- 2 ears fresh corn on the cob, husks & silk removed
- 1 green pepper, quartered
- 1 red pepper, quartered
- 1/2 red onion, sliced into rings
- 1 cup canned black beans
- 4 cups mixed leafy greens
- 4 tbsp toasted almonds
- 1/2 cup pineapple juice
- 5 tbsp red wine vinegar
- 1 tbsp brown sugar
- 1/4 cup extra virgin olive oil
- 1/2 tsp salt

## DIRECTIONS

1. Preheat grill to medium-high heat.
2. Place onions in a foil packet and spray all other vegetables, lightly, with olive oil spray.
3. Place vegetables in a grill pan or straight on the grate and grill until done (corn takes about 10 minutes to grill "naked").
4. Remove all vegetables from the grill, except onions, and cook chicken at around 425-450F.
5. Grill for 10 minutes, flipping once, or until internal temperature reaches 165 degrees F.
6. Divide mixed greens, evenly, into 4 large bowls.
7. Cut corn off the cob and divide among the 4 bowls.
8. Top with black beans, grilled vegetables, pineapple, and grilled chicken.
9. In a blender, combine the pineapple juice, olive oil, red wine vinegar, brown sugar, and salt.
10. Blend a few seconds and drizzle the desired amount of pineapple vinaigrette over salads before serving.
11. Top with toasted almonds.

# 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 a deep dish 8x8 baking dish (2.5 qt), 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.



# 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.

