

Low-Carb Pesto Caprese Chicken Casserole

Hands-on 10 minutes Overall 1 hour



Nutritional values (per serving): Total carbs: 4.6 g, Fiber: 1.3 g, **Net carbs: 3.2 g,**

Protein: 52.8 g, Fat: 28.9 g, Calories: 496 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app

Ingredients (makes 8 servings)

3 lbs chicken cutlets, breasts (1.36 kg)

1 tsp salt

1/2 tsp black pepper

3/4 cup pesto (188 g/ 6.6 oz) - *you can [make your own pesto](#)*

3 oz baby spinach (85 g)

1 pint cherry tomatoes (300 g/ 10.6 oz)

13 oz fresh mozzarella (370 g)

1/2 cup grated Parmesan cheese (45 g/ 1.6 oz)

fresh basil, for garnish

Note: Using chicken thighs instead of chicken breasts will decrease the protein and increase the fat content per serving. If using skinless and boneless chicken thighs: 47 g protein, and 31 g fat.

Instructions

1. Preheat your oven to 200 °C/ 400 °F (conventional), or 180 °C/ 355 °F (fan assisted). Season the chicken cutlets with salt and pepper. Layer half of the cutlets into the bottom of a large casserole dish. Top with half of the pesto.
2. Add half of the spinach, and half of the mozzarella. Repeat with another layer.
3. Top the casserole with the parmesan cheese and add the cherry tomatoes to the sides.
4. Bake for 45-50 minutes or until the chicken is cooked through and the cheese is golden and bubbly. If you'd like you can place the casserole under the broiler for 3-4 minutes to crisp up the cheese at the end.
5. Sprinkle with fresh basil and serve. To store, let it cool down and keep refrigerate for up to 4 days.

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