



Low Carb Casserole Recipes

From Linda's Low Carb Recipes & Menus - <https://www.genaw.com/lowcarb/>

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Please refer to my website for the nutritional counts for these recipes.

CALIFORNIA CHICKEN CASSEROLE

16 ounce bag frozen California blend vegetables, thawed *
2 cups diced, cooked chicken
4 ounce can mushrooms, drained
2 stalks celery, finely chopped
1 small onion, chopped
2 tablespoons butter
1/4 cup mayonnaise
1/4 teaspoon salt, or to taste
1/2 teaspoon pepper
1/8 teaspoon garlic powder
2 ounces pimientos, diced
6 ounces Swiss cheese, shredded

Place the California blend vegetables and the chicken in a greased 9-inch square baking dish. In a medium skillet, sauté the mushrooms, celery and onion in the butter until very soft and a little browned, about 8 minutes. Stir the mayonnaise and seasonings into the vegetables until well coated. Mix in all of the remaining ingredients along with the sautéed vegetables. Cover the baking dish with foil and bake at 350° for 40 minutes. Uncover and bake 5-10 minutes longer until the casserole is browned and bubbly.

Makes 4-6 servings

* This is a mixture of broccoli, cauliflower and sliced carrots.



CHEESY CHICKEN BACON CABBAGE CASSEROLE

8 slices bacon, chopped
1 medium cabbage, chopped
1 small onion, chopped
1 green or red bell pepper, chopped
2 tablespoons bacon grease
Salt and pepper, to taste
4 cups diced cooked chicken
1 cup sour cream
12 ounces shredded cheddar cheese, divided
Paprika

In a very large Dutch oven, fry the bacon until crisp; remove to a paper towel-lined plate and reserve 2 tablespoons of the grease. Sauté the cabbage, onions and bell peppers in the bacon grease until tender and wilted; season well with salt and pepper. Stir in the chicken, sour cream, bacon and 8 ounces of cheese. Adjust the seasoning as needed. Spread in a greased 9x13" baking pan. Top with 4 ounces of cheese and sprinkle with paprika. Bake at 450° until golden brown and bubbly, about 20 minutes. Let stand about 10 minutes before serving.

Makes about 8 servings



CHICKEN CORDON BLEU CASSEROLE

2 pounds boneless chicken breasts or tenders, cut in bite-size pieces
12 ounces ham, cut into cubes
8 ounces Swiss cheese, shredded
Salt and pepper, to taste
8 ounces cream cheese, softened
1/2 cup heavy cream
1 clove garlic, minced
1/8 teaspoon pepper
1/8 teaspoon dill
2 teaspoons chives
1 tablespoon fresh parsley, chopped

Put the chicken, ham and cheese in a greased 9x13" baking dish. Season with salt and pepper. In a medium bowl, blend the heavy cream into the cream cheese until smooth. Stir in the garlic, pepper, dill, chives and parsley. Pour over the meat and cheese and stir everything together. Bake at 350° for about 40 minutes until bubbly and the chicken is fully cooked. Let stand about 10 minutes before serving to allow some of the liquid to soak back into the sauce.

Makes about 4-6 servings



CHICKEN DIVAN - REVISED

4 cups diced cooked chicken
14-16 ounces frozen broccoli florets
8 ounces cheddar cheese, shredded
2 tablespoons butter
1 stalk celery, diced
1 small onion, diced
8 ounces fresh mushrooms, sliced
1/2 teaspoon xanthan gum
1 cup chicken broth
1 cup heavy cream
1/8 teaspoon curry powder
Salt and pepper, to taste
1/4 cup mayonnaise
1/2 cup grated parmesan cheese, optional

Cook the broccoli according to package directions for 5 minutes; drain. Meanwhile, in a large non-stick skillet, sauté the celery, onion and mushrooms in the butter until tender. Sprinkle the xanthan gum over the vegetables and quickly stir in. Add the broth and cream; bring to a boil. Turn the heat to medium-high and simmer until the sauce has thickened, stirring frequently. Stir in the mayonnaise until well blended. Stir in the curry powder and season with salt and pepper to taste.

In a greased 9x13" glass baking dish, mix the chicken, broccoli and cheese. Pour in the mushroom sauce and mix well. Adjust the seasoning, if necessary. Sprinkle the parmesan cheese over the top, if using. Bake, uncovered, at 350° for 35-40 minutes until bubbly and a little browned on top.

Makes 8 servings



DOTTIE'S BURGER SCRAMBLE FLORENTINE

2 pounds ground beef
1 small onion, chopped
2 cloves garlic, minced
10 ounce package frozen chopped spinach, thawed and well-drained
8 ounces cream cheese, softened and cubed
1/2 cup parmesan cheese
1/2 cup heavy cream
1/2 teaspoon garlic powder
1 1/2 teaspoons salt
1/2 teaspoon pepper

Brown the hamburger, onion and garlic in a large pot; drain the fat. Stir in the spinach; mix until well combined; add the salt, pepper and garlic powder. Add the cubed cream cheese and stir until blended, mashing it into the meat to blend well. Stir in the parmesan and cream; mix well.

Spray a 2-quart casserole with non-stick spray. Pour everything into a casserole dish. Bake, uncovered, at 350° 30-35 minutes, until bubbly and browned.

Makes 6-8 servings



GREEN BEAN AND HAMBURGER CASSEROLE

- 1 pound ground beef
- 2 14-ounce cans French cut green beans, well-drained
- 4 ounce can mushrooms, drained
- 1 small onion, diced
- 2 stalks celery, diced
- 1/4 cup mayonnaise
- 8 ounces cheddar cheese, shredded
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/8 teaspoon garlic powder

Brown the hamburger, onion, celery and mushrooms; drain the fat. Mix all ingredients in a greased 2 to 2 1/2 quart casserole dish. Bake uncovered at 350° for 40 minutes until hot and bubbly.

Makes 6 servings



MEXICAN CHICKEN

1 pound boneless chicken breasts
1 teaspoon taco seasoning (see link below)
Salt, to taste
1/2 cup enchilada sauce (see link below)
4 ounces cheddar cheese, shredded
3 green onions, chopped

Sprinkle the chicken on both sides with taco seasoning; grill or sauté. Cut the chicken into cubes and place in a greased 8x8" baking dish; season with salt to taste. Add the enchilada sauce and toss to coat the chicken. Sprinkle the cheese over the chicken and bake at 350° for 10-20 minutes, until hot and bubbly. Scatter the green onions over the top before serving.

Makes 4 servings

Taco seasoning recipe:

https://www.genaw.com/lowcarb/lindas_taco_seasoning.html

Enchilada sauce recipe:

https://www.genaw.com/lowcarb/red_enchilada_sauce.html



MUSHROOM BURGER SCRAMBLE

2 pounds ground beef
1 small onion, chopped
2 cloves garlic, minced
16 ounces fresh mushrooms, sliced
8 ounces cream cheese, softened
1/2 cup parmesan cheese (2 ounces)
1/2 cup heavy cream
1/2 teaspoon garlic powder
1 1/2 teaspoons salt
1/2 teaspoon pepper
Extra parmesan cheese for topping (optional)

Brown the hamburger, onion and fresh garlic in a large pot or Dutch oven. Stir in the mushrooms. Cook, stirring occasionally until the mushrooms are tender. Add the softened cream cheese and stir in, mashing it into the meat to blend well. Stir in the parmesan and cream; mix well. Add the seasonings and adjust to your taste.

Spray a 2-quart casserole with non-stick spray. Pour everything into the casserole dish. Sprinkle some parmesan cheese over the top, if desired. Bake, uncovered, at 350° 30-35 minutes, until bubbly and browned.

Makes 6-8 servings



MUSHROOM CHICKEN AND SAUSAGE CASSEROLE

3-4 cups diced cooked chicken
1 pound pork sausage
1 stalk celery, chopped fine
1 small onion, chopped
1/2 pound mushrooms, sliced
8 ounces cream cheese, softened
16 ounce bag frozen cauliflower, cooked well and drained
8 ounces cheddar cheese, shredded
Salt
1/2 teaspoon pepper
Paprika

Brown the sausage with the celery, onion and mushrooms. Stir the softened cream cheese into the sausage mixture until well blended. Coarsely chop the cooked cauliflower. Mix all of the ingredients in a greased 9x13" baking dish. Dust the top with paprika. Bake at 350° for about 40 minutes until the top is nicely browned.

Makes 8-12 servings



PIZZA TOPPINGS CASSEROLE

1 pound bulk Italian sausage
8 ounces fresh mushrooms, sliced
4 eggs
1/2 cup heavy cream
1/4 cup pizza sauce
1/4 teaspoon garlic powder
1/2 teaspoon Italian seasoning and/or basil
3 1/2 ounces pepperoni, chopped
1/2 cup green pepper, chopped
8 ounces mozzarella cheese, shredded
1/2 cup red onion, slivered



Brown the sausage with the mushrooms; drain the grease. Meanwhile, whisk the eggs, cream, pizza sauce and seasonings in a medium bowl. Grease a 7x9" deep baking dish or 7x12" shallow baking dish and put in the meats, mushrooms, peppers and the mozzarella cheese. Pour in the egg mixture and mix well. Top with the red onion.

Bake at 350° for 45-55 minutes until nicely browned and a knife inserted in the center comes out almost clean.

Makes 6-8 servings



SPICY CHICKEN & SPINACH CASSEROLE

3 cups cooked, diced chicken
10 ounce package frozen chopped spinach, thawed and drained well
1 small onion, chopped
1 tablespoon butter
1/4 cup canned pickled jalapeños, roughly chopped
8 ounces cream cheese, softened
1/3 cup sour cream
10 ounce can Ro-tel tomatoes, drained
1/4 teaspoon cumin
1/2 teaspoon chili powder
8 ounces cheddar cheese, shredded

Mix the chicken and spinach in a greased 2 1/2 quart casserole. Meanwhile, sauté the onion in butter until tender; add to the chicken. Stir in all of the remaining ingredients and mix well. Season with salt and pepper, to taste.

Bake, uncovered, at 350° 40-50 minutes, until hot and bubbly.

Makes 6-8 servings



TUNA "RICE" CASSEROLE

1 small cauliflower, shredded
2 tablespoons butter (divided)
1 stalk celery, diced
8 ounces cheddar cheese, shredded (divided)
1/2 cup heavy cream
1/4 cup mayonnaise
1/2-1 teaspoon salt
1/2 teaspoon pepper
1/4 teaspoon onion powder
1/2 teaspoon dry minced onion
2 5-ounce cans tuna, drained
4 ounce can mushrooms, drained

Put the cauliflower in a 2 1/2 quart casserole with a lid. Cover and microwave on HIGH 8-10 minutes until just tender, stirring every couple minutes. Do not overcook. Stir in 1 tablespoon of the butter.

Meanwhile, sauté the celery in the remaining tablespoon of butter until very tender. In a medium microwavable bowl, mix 6 ounces of the cheese and cream. Microwave 2 minutes on HIGH to melt the cheese; stir until well blended. Whisk in the mayonnaise, seasonings and dry onion.

Stir the celery, tuna and mushrooms into the cauliflower; add the cheese sauce and mix well. Cover and bake at 350° for 20 minutes. Uncover, top with the remaining cheese and bake another 10-15 minutes until bubbly.

Makes 6-8 servings



TUNA CASSEROLE III

1 stalk celery, diced
2 tablespoons butter
4 ounce can mushrooms, drained
12 ounces frozen cauliflower
2 5-ounce cans tuna, drained
8 ounces cheddar cheese, shredded
1/2 cup heavy cream
1/4 cup mayonnaise
1/2 teaspoon salt, or to taste
1/4 teaspoon pepper, or to taste
1/4 teaspoon onion powder
1 teaspoon dry minced onion

Sauté the celery with the butter in a small skillet until very tender and slightly browned. Add the drained mushrooms and cook until they're a little browned on the edges.

Meanwhile, put the frozen cauliflower in a 1 1/2-quart casserole dish. Cover and microwave on HIGH 8-10 minutes until very tender.

Stir all of the remaining ingredients into the cauliflower. Add the celery and mushrooms. Bake at 350° for 20-30 minutes or until bubbly and browned on the top.

Makes 6 servings



TURKEY AND DRESSING CASSEROLE

12-16 ounces frozen cauliflower
1 pound pork sausage
1 pound ground turkey
2 stalks celery, chopped
1 medium onion, chopped, 4 ounces
1 pound mushrooms, quartered
8 ounces cream cheese, softened
8 ounces cheddar cheese, shredded
Poultry seasoning or seasoning of your choice
Salt and pepper, to taste

In a large Dutch oven, cook the cauliflower as directed on the package until tender; drain very well and set aside. In the same pot, brown the sausage and turkey along with the celery, onion and mushrooms. Season with poultry seasoning, salt and pepper. Drain the fat. Stir in the cream cheese until well blended, then add the cauliflower and cheddar cheese. Adjust the seasonings, if necessary.

Spread in a greased 9x13" baking pan; cover with foil and bake at 350° for 30 minutes. Uncover and bake an additional 20-30 minutes or until hot and bubbly and the top is browned.

Makes about 8-10 servings

