



Low Carb Chicken 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.

ALICE SPRINGS CHICKEN

4 boneless chicken breasts
8 slices bacon, coarsely chopped
8 ounces fresh mushrooms, sliced
1 tablespoon butter
1 clove garlic, minced
4 ounces cheddar cheese, shredded

Season the chicken with the seasonings of your choice; grill until just done. Keep the chicken warm. Meanwhile, fry the bacon in a skillet until crisp; drain on paper towels. In the same skillet, sauté the mushrooms and garlic in butter, seasoning with salt to taste. Cook until the juices have evaporated. Place the chicken on a foil-lined baking sheet. Top each piece of chicken with 1/4 of the mushrooms and bacon, then with the shredded cheese. Broil until cheese is melted and bubbly.

Makes 4 servings



BREADED CHICKEN CUTLETS

1 large boneless chicken breast, pounded flat
1 egg white
1 ounce finely crushed pork rinds (about 1/4 cup)
1 ounce parmesan cheese (1/4 cup)
1/8 teaspoon paprika
1/8 teaspoon garlic powder
1/8 teaspoon onion powder
Salt, to taste
Dash pepper
Oil, for frying

Put the egg white in a pie plate and beat with a fork until frothy. Put the pork rinds, cheese and seasonings in another pie plate and mix well. Coat the chicken with the egg whites then coat well with the crumb mixture. Heat 1-2 tablespoons of oil over medium to medium-high heat in a large nonstick skillet. Fry the chicken on both sides until golden brown and the chicken is cooked through.

Makes 1 serving



CAJUN CHICKEN

3 boneless chicken breasts, cut into thin strips
2 teaspoons Cajun seasoning
3 tablespoons butter
1 tablespoon oil
3 medium green and/or red bell peppers, cut in thin strips
1/2 pound mushrooms, sliced
4 green onions, cut diagonally in 1/2-inch pieces
1/8 teaspoon basil
1/8 teaspoon garlic powder
1/8 teaspoon pepper
1/4 teaspoon salt, or to taste
1/4 cup heavy cream
1/2 teaspoon xanthan gum

In a medium bowl, toss the chicken pieces with the Cajun seasoning. Heat the butter and oil in a large, nonstick skillet on medium-high heat. Stir-fry the chicken until it's not quite done. Don't overcook it as it will get further cooking with the remaining ingredients. Add the peppers and mushrooms. Stir-fry until the peppers are crisp-tender. If using xanthan gum, mix with seasonings in a small bowl. Reduce heat to low and stir in seasonings and then the cream. Cook just until sauce thickens. Add green onions and toss briefly to combine. Adjust the seasonings as needed; serve at once.

Makes 4 large servings



CHICKEN PIZZA

1 boneless chicken breast
Dash Italian seasoning
Dash garlic powder
Dash salt

Toppings:

1 tablespoon pizza sauce
8 slices pepperoni
1 fresh mushroom, sliced thin
1 ounce Italian sausage, cooked and crumbled
1 ounce mozzarella cheese, shredded
2 tablespoons green pepper, minced
1 tablespoon red onion, minced

Pound the chicken as thin as possible without tearing it. Season both sides of the chicken with the seasonings and place it on a foil-lined baking sheet. Spread the pizza sauce on the top of the chicken. Arrange the remaining topping ingredients in this order: pepperoni, mushrooms, sausage, cheese, peppers and then the onions. Lightly sprinkle with a little more Italian seasoning and garlic powder. Bake at 400° 10-15 minutes or until the chicken is fully cooked.

Makes 1 serving



CHILE CHICKEN MONTEREY

4 boneless chicken breasts
Seasonings of your choice
1 tablespoon butter
1 small onion, chopped
1/4 pound fresh mushrooms, sliced
4 ounce can chopped green chiles
4 ounces pepper-jack cheese, shredded

Flatten and season the chicken breasts; grill and keep warm. Meanwhile, in a small skillet, sauté the onions and mushrooms in butter until they are tender. Stir in the chiles. Place the chicken pieces on a baking sheet or in a shallow baking pan. Top with the mushroom mixture and then with the cheese. Bake at 350° about 5-10 minutes until the cheese has melted.

Makes 4 servings



CREAMY SWISS CHICKEN BAKE

2 pounds boneless chicken breasts, pounded to an even thickness
8 ounces Swiss cheese, shredded
1/2 cup mayonnaise
1/2 cup sour cream
1/2 cup Parmesan cheese
1/2 teaspoon salt
1/2 teaspoon pepper
1 teaspoon garlic powder
1/4 cup Parmesan cheese, for the top

Arrange the chicken in a greased 9x13" baking dish. Season as desired. Arrange the Swiss cheese on top of the chicken. In a small bowl, mix all of the remaining ingredients except for the 1/4 cup of Parmesan cheese. Spread this mixture over the Swiss cheese and sprinkle with the remaining Parmesan. Bake at 375° for 45-60 minutes or until the chicken is cooked through and the topping is golden brown and bubbly.

Makes 4-6 servings



EASY CHEESY CHILI CHICKEN

- 2 tablespoons oil
- 1 tablespoon chili powder
- 1 tablespoon cumin
- 2 teaspoons salt
- 1 clove garlic, minced
- 1/2 teaspoon pepper
- 1/8 teaspoon cayenne
- 4 boneless chicken breasts, flattened to an even thickness
- 1 green pepper, julienned
- 1 small red onion, diced
- 1 Roma tomato, diced
- 4 ounces colby-jack cheese, shredded

Stir together the first 7 ingredients in a small bowl to make a thick paste. Place the chicken on a foil-lined baking sheet. Rub the seasoning mixture all over the meat until coated evenly. Arrange the vegetables over the chicken. Bake at 400° about 20 minutes or until the chicken is fully cooked. Top with the cheese and return to oven about 5 minutes to melt the cheese.

Makes 4 servings



GRILLED SMOTHERED CHICKEN

4-6 boneless chicken breasts
Salt and pepper, to taste
Seasonings of your choice
Butter
8 ounces fresh mushrooms, sliced
1 green pepper, chopped
1 small onion, chopped
1 clove garlic, minced
8 ounces cheddar cheese, shredded

Flatten the chicken to an even thickness; season on both sides. Grill until done to your liking. Meanwhile, sauté the mushrooms, green pepper, onion and garlic in butter until tender. Place the grilled chicken on a baking sheet, cover with the vegetables, then cover with the cheese. Bake at 350° about 5 minutes, until the cheese is melted.

Makes 4-6 servings



HOUSTON CHICKEN

- 1 boneless chicken breast
- Salt, pepper and other seasonings, to taste
- 1 tablespoon sugar free barbecue sauce
- 1 slice bacon, cut in half
- 1 ounce cheddar cheese, shredded

Pound the chicken breast flat and place on a foil lined baking sheet. Season on both sides. Spoon the barbecue sauce on the chicken. Arrange the raw bacon pieces on the chicken. Bake at 400° 10-15 minutes. At this point the bacon won't be quite done. Take the baking pan out of the oven and raise the oven rack to the highest setting. Turn the oven to Broil and broil the chicken 3-4 minutes to brown the bacon. Sprinkle the cheese over the top and broil just long enough to melt the cheese, about a minute or two.

Makes 1 serving



ONE POT CHICKEN DISH

6 slices bacon, roughly chopped
3 tablespoons bacon grease
1 pound chicken tenders or boneless breasts cut into strips
1 teaspoon seasoning salt
1 cup onion, finely chopped
1/4 teaspoon pepper
2 teaspoons garlic, minced
8 ounces fresh mushrooms, sliced thin
1 cup chicken broth
4-5 green onions, minced
1/2 teaspoon xanthan gum, optional
Salt, to taste

Make sure that you have all of your ingredients chopped and prepped before starting to cook.

In a very large skillet, fry the bacon until crisp. Remove the bacon with a slotted spoon and drain on paper towels, keeping 3 tablespoons of the bacon grease in the skillet.

Season the chicken with the seasoning salt; add to the hot skillet. Cook over medium-high heat until just barely done; remove the chicken and keep warm. Add the onions and pepper to the skillet and cook about 3 minutes until soft. Add the garlic and mushrooms. Cook about 3-4 minutes or until the mushrooms are tender and start to release their juices. Add the broth and bring to a boil.

Return the chicken to the pan and cook just to heat through. Thicken the sauce with xanthan gum, if desired. Add the bacon and green onions. Season with a little salt, if necessary.

Makes 4 servings



PARMESAN CHICKEN

3 large boneless chicken breasts
2 ounces parmesan cheese (1/2 cup)
2 ounces almond flour (1/2 cup)
1/2 teaspoon garlic powder
1/2 teaspoon Italian seasoning
1 egg, beaten
1/4 cup oil, or as needed
Salt and pepper, to taste
6 tablespoons pasta sauce
4 ounces mozzarella cheese, shredded
2 tablespoons parmesan cheese



Cut each chicken breast in half to make 2 servings from each; cover with plastic wrap and flatten. Mix 1/2 cup parmesan, almond flour, garlic powder and Italian seasoning in a pie plate. Put the beaten egg in a separate pie plate. Dip each chicken breast pieces in egg to coat, then lightly coat them with parmesan-almond mixture.

Heat the oil in a large skillet over medium heat. Fry the chicken in hot oil until browned on both sides until almost done.

Place the chicken on a foil-lined rimmed baking sheet; season with salt and pepper. Top each with 1 tablespoon of pasta sauce, then 1/6 of the mozzarella. Sprinkle each with 1 teaspoon parmesan cheese. Bake at 350° about 20 minutes until chicken is done and cheese is melted and bubbly.

Makes 6 servings

PIZZA CHICKEN

1 boneless chicken breast, pounded flat
Salt, pepper, garlic powder and Italian seasoning, to taste
1 tablespoon pizza sauce
4 slices pepperoni
1 teaspoon butter or oil
2 fresh mushrooms, sliced
2 thin green pepper rings
1 ounce mozzarella cheese, shredded

Season the chicken; grill until almost done then place on a baking sheet. Meanwhile, sauté the mushrooms and pepper rings in butter or oil until slightly tender, but not mushy; set aside. Spread the sauce over the chicken, then top with the pepperoni, the pepper rings, mushrooms and then finally, the cheese. Sprinkle with a little additional Italian seasoning, if desired. Bake at 350° about 10-15 minutes or until hot and the cheese is melted.

Makes 1 serving



RED ENCHILADA CHICKEN

4 boneless chicken breasts, flattened slightly
2 teaspoons Linda's Taco Seasoning *
1/2 cup Red Enchilada Sauce **
1 Roma tomato, diced
4 green onions, chopped
4 ounces colby-jack cheese, shredded

Line a large rimmed baking sheet with foil. Season the chicken on both sides with the taco seasoning and place on the baking sheet. Top each with 2 tablespoons of the enchilada sauce, some of the tomato and green onions. Bake at 400° for 20 minutes or until fully cooked; sprinkle with the cheese and bake about 4 more minutes to melt the cheese.

Makes 4 servings

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

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



SALSA CHICKEN

4 boneless chicken breasts
2 teaspoons Linda's Taco Seasoning *
1 cup salsa
1/2 cup sour cream
4 ounces Monterey jack cheese, shredded
Chopped green onions, for garnish

Sprinkle both sides of the chicken with taco seasoning. Pan fry or grill the chicken; place in a greased baking dish. Mix the salsa and sour cream; pour over the chicken. Bake at 350° for 20 minutes or until fully cooked. Top with the cheese and bake for a few minutes to melt the cheese. Garnish with green onions.

Makes 4 servings

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



UNDERCOVER CHICKEN

4 small or 2 large boneless chicken breasts (about 26 ounces total)
1 green pepper, julienned
1 small onion, sliced thin
2 cloves garlic, minced
1 Roma tomato, thinly sliced
1 small zucchini, cut in half moons
1 teaspoon Italian seasoning or seasoning of your choice
1 teaspoon salt
1/2 teaspoon pepper
1/2 cup Italian or Caesar dressing
Heavy-duty foil

Line a 9x13" metal cake pan with heavy foil. Arrange the chicken in the pan. Top with the green pepper, onion, garlic, tomatoes and zucchini, evenly distributing them among the pieces of chicken. Sprinkle with the seasonings. Pour the dressing over everything. Cover the pan with foil and seal well. Marinate for 2-3 hours in the fridge. Bake at 375° for 1 hour or until the chicken is done.

Makes 4 servings

