



Healthy Keto with
Jim Colbourne
MOVING TO AN HEALTHIER LIFESTYLE

Bacon Ranch Chicken Casserole

3g of Carbs (Low Carb Keto)

Delicious Home-Made Ranch filling with 4 different cheeses and all topped with Bacon. This is a recipe you will love. Every bite is busting with flavors.

Note: If you want a Stronger Ranch Taste, replace all $\frac{3}{4}$ tbsp to 1 tbsp. It's worth the change!

Ingredients:

4 large skinless boneless chicken breasts
2 tablespoons of olive oil
1-2 tablespoon of paprika
 $\frac{3}{4}$ teaspoon of salt
 $\frac{3}{4}$ teaspoon of pepper
5 ounces of Cream cheese softened
3 ounces of mayonnaise
1-2 tbsp Chives

Instructions:

1. Preheat oven to 375 F.
2. Wash and dry chicken, add olive oil to bottom of dish. Cut Chicken into bite size pieces, add to dish. Then sprinkle chicken with paprika until fully covered.
3. Cover dish and Bake for 40mins on 375F.
4. Melt cream cheese and add sour cream, mayo, and the remaining spices to a bowl and mix will.



Serving = 8, 3g Net Carbs.

Dish 13"x9"

| Calories: 440kcal | Carbohydrates: 3g |
Protein: 32g | Fat: 35g | Fiber: 0

3 ounces of sour cream
 $\frac{3}{4}$ tablespoons of dried parsley
 $\frac{3}{4}$ tablespoons of Garlic Powder
 $\frac{3}{4}$ tablespoons of Onion Powder
1 cup Tex-Mex Cheese (3-4 different cheese pre-bagged)
1 cup old cheddar cheese
1 pk 379g of uncooked bacon

5. Cook bacon but only cook for half the time you normally would cook it. It will finish cooking on top of the casserole.
6. After chicken is finished cooking, drain most of the liquid then add the cream cheese mixture to the top of chicken, top with cheese and then add bacon to the top of the cheese alone with the Chives.
7. Cook casserole for another 20mins uncovered at 375F. Enjoy!