

Creamy Chicken Casserole



Comforting, flavorful and packed with protein, this creamy chicken casserole is the kind of dish that brings warmth and joy to the table. Featuring tender chicken, soft potatoes and a golden layer of melted mozzarella, it's hearty, satisfying, and ideal for busy weeknights or relaxed family dinners. Approved by our dietitians, it's a great way to enjoy a well-balanced meal. For an easy veggie boost, serve it with our [Oven-Roasted Frozen Vegetable Mix](#).

Preparation 10 min

Cooking 60 min

Servings 6

Nutrition Facts (per serving)

Calories 330

Fat 12

Carbohydrates 25

Fibre 3

Protein 31

Sodium 550

Ingredients

Seasoning mix

- 20 ml (4 tsp) Italian seasoning

- 20 ml (4 tsp) onion powder
- 20 ml (4 tsp) paprika
- 10 ml (2 tsp) chili flakes
- 10 ml (2 tsp) garlic powder
- 5 ml (1 tsp) salt

Chicken

- 3 medium (~ 600 g) chicken breasts, cubed
- 5 cloves garlic (25 ml / 5 tsp), minced
- 30 ml (2 tbsp) olive oil, divided
- 600 g (1 ½ lb) potatoes
- 4 bell peppers, cubed
- 125 ml (½ cup) 2% M.F. milk
- 125 ml (½ cup) 1% M.F. cottage cheese, blended*
- 90 g (3 oz) low-fat shredded mozzarella cheese
- Fresh cilantro or parsley, to taste

Preparation

1. Preheat the oven to 350° F (180° C).
2. In a small bowl, combine all the ingredients for the seasoning mix
3. In a medium bowl, combine the chicken, garlic and 1 tbsp of olive oil. Add half of the seasoning mix and stir to coat.
4. In another bowl, combine potatoes, bell peppers and 1 tbsp olive oil, along with the remaining seasoning mix.
5. Spread the potatoes on a baking sheet and bake for 45 to 60 minutes, or until tender.
6. While the vegetables are baking, heat a skillet over medium-high heat. Cook the chicken for 5 to 7 minutes per side, or until cooked through, and internal temperature reaches 165° F (74° C).
7. Add the milk to the skillet, stir and cook for another 2 to 3 minutes. Stir in the blended cottage cheese, then remove from heat.
8. Once the vegetables are cooked, add them to the skillet with the chicken. Stir well to combine.
9. Top with mozzarella cheese, cover, and heat for 2 to 3 minutes until the cheese is melted.
10. Serve and garnish with fresh herbs, if desired.

Notes

Keeps for 4 days in the refrigerator or 3 months in the freezer.

*To make the blended cottage cheese, use a hand-mixer directly in the container, or use a food processor.



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