

# Healthy Recipe of the Week

*Use Organic ingredients whenever possible.*

## Chicken Parmesan Casserole (Keto)

From [www.heyketomama.com](http://www.heyketomama.com)

5 cups cubed cooked chicken  
1 cup no-sugar-added marinara sauce  
1/2 teaspoon red pepper flakes  
1 ounce Parmesan cheese, grated (about 1 cup)  
1 1/2 cups shredded mozzarella cheese (about 6 ounces)  
1 ounce pork rinds, crushed  
1/2 teaspoon crushed dried basil

1. Preheat the oven to 350° F and lightly grease an 8-inch square baking pan.
2. Spread the chicken in the greased dish and pour the tomato sauce over it. Sprinkle with the red pepper flakes. Top with the Parmesan and then the mozzarella. Lightly sprinkle the crushed pork rinds and basil over the top.
3. Bake for 25 minutes, until the cheese is melted and bubbly.

Note: This recipe can be frozen either before baking or after, and it's easy to prep a day ahead. Just be sure to wrap it up tightly with foil before putting it in the freezer or fridge.