

Keto Pesto Chicken Casserole with Feta Cheese and Olives

(Monday dinner)



1 serving

Net carbs: 2 % (7 g)

Fiber: 2 g

Fat: 83 % (110 g)

Protein: 14 % (42 g)

kcal: 1188

INGREDIENTS:

6 oz. chicken thighs or chicken breasts

½ oz. butter, for frying

¾ oz. red pesto or green pesto

6 tbsp heavy whipping cream

2 tbsp pitted olives

2 oz. feta cheese, diced

¼ garlic clove, finely chopped

salt and pepper

1 1/3 oz. leafy greens

1 tbsp olive oil

sea salt & ground black pepper

INSTRUCTIONS:

1. Preheat the oven to 400°F (200°C).

2. Cut the chicken thighs or chicken breasts into bite-sized pieces. Season with salt and pepper.

3. Add butter to a large skillet and fry the chicken pieces, in batches, on medium high heat until golden brown.

4. Mix pesto and heavy cream in a bowl. Place the fried chicken pieces in a baking dish together with olives, feta cheese and garlic. Add the pesto.

5. Bake in oven for 20-30 minutes, until the dish turns bubbly and light brown around the edges.