

# 5 KETO CHICKEN RECIPES

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# Garlic & Lemon Chicken One-Pot Bake

## Ingredients:

- 32 oz chicken drumsticks.
- ½ cup parsley (fresh and finely chopped).
- 7 garlic cloves (finely sliced).
- 1 lemon (juiced).
- 2 oz butter.
- 2 tbsp olive oil.
- 1 tsp black pepper.

## Instructions:

- Preheat oven at 225 degrees.
- Grease a baking tray and pack with chicken drumsticks.
- Add black pepper and drizzle over lemon juice and olive oil.
- Sprinkle garlic and parsley around the tray.
- Bake for 40-45 minutes until cooked through and golden brown.

## ***Nutritional Information:***

Total servings - 4

Per serving:

Fat: 42g
Carbohydrates: 3g
Protein: 42g
Calories: 544

# Spicy Cheesy Chicken Stew

## Ingredients:

- 32 oz chicken thighs (skinless, boneless and chopped).
- 16 oz cauliflower (florets).
- 1 leek (finely sliced).
- $\frac{3}{4}$  cup sour cream.
- $\frac{1}{2}$  cup cream cheese.
- $\frac{1}{2}$  lemon (juiced).
- 7 oz cheddar cheese (grated).
- 4 oz cherry tomatoes (halved).
- 1  $\frac{1}{2}$  oz butter.
- 3 tbsp green pesto.
- $\frac{1}{2}$  tsp black pepper.
- $\frac{1}{2}$  tsp chilli flakes.

## Instructions:

- Preheat oven at 200 degrees.
- In a bowl, mix sour cream and cream cheese with lemon juice, pepper and pesto.
- In a large frying pan, heat butter and add chicken; fry until cooked through and golden brown.
- Place chicken in a large ovenproof dish and pour over cream mixture.
- Top the chicken with leeks, tomatoes and cauliflower.
- Bake for 20 minutes and then sprinkle with cheese; bake for an additional 15 minutes until cheese is melted and golden brown.

## ***Nutritional Information:***

Total servings - 6

Per serving:

Fat: 64g
Carbohydrates: 7g
Protein: 39g
Calories: 743

# Chunky Chicken Salad & Garlic Dressing

## Ingredients:

- 16oz chicken thighs (boneless).
- 12 oz iceberg lettuce (chopped).
- 8 oz bacon (chopped).
- 4 oz cherry tomatoes (finely sliced).
- 1 oz butter.
- $\frac{3}{4}$  cup mayonnaise.
- $\frac{1}{2}$  tbs garlic powder.
- $\frac{1}{2}$  tsp black pepper.

## Instructions:

- In a large frying pan, fry bacon in butter until crispy. Remove bacon from the pan, leaving bacon grease in the pan.
- Season chicken with black pepper and fry until browned and cooked through.
- In a small bowl, mix together mayonnaise and garlic powder until well combined.
- In a large bowl, mix lettuce, tomatoes and bacon. Place chicken on top and drizzle over garlic dressing.

## ***Nutritional Information:***

Total servings - 4

Per serving:

Fat: 79g
Carbohydrates: 4g
Protein: 30g
Calories: 839

# Chicken & Veg Assortment

## Ingredients:

- 2 chicken breasts (skinless & cubed).
- 1 cup assorted peppers (chopped).
- 1 cup broccoli (florets).
- ½ cup cherry tomatoes (halved).
- ½ red onion (chopped).
- 2 tbsp olive oil.
- ½ tsp black pepper.
- ½ tsp Italian seasoning.
- ½ tsp paprika.

## Instructions:

- Preheat oven at 250 degrees.
- In a frying pan, part cook chicken until lightly browned.
- In a large ovenproof dish, place part cooked chicken and all the vegetables.
- Drizzle with olive oil and sprinkle over black pepper, paprika and Italian seasoning; toss until all vegetables and chicken are coated.
- Bake for 15-20 minutes until chicken is cooked through and vegetables are slightly charred.

## ***Nutritional Information:***

Total servings - 2

Per serving:

Fat: 17g
Carbohydrates: 6g
Protein: 19g
Calories: 239

# Mediterranean Zesty Chicken Pot

## Ingredients:

- 4 chicken breasts (boneless & skinless).
- 2 garlic cloves (crushed).
- ½ red onion (chopped).
- 1 cup chicken broth.
- ½ cup thick cream.
- 2 tbsp coriander (finely chopped).
- 2 tbsp lime juice (fresh).
- 1 tbsp olive oil.
- ½ tsp chilli flakes.

## Instructions:

- Heat oil in a large frying pan and cook chicken 8-10 minutes until cooked through. Remove chicken from the pan and cover to keep warm.
- In the same frying pan, cook the onions and garlic for 1 minute.
- Pour in chicken broth, lime juice, chilli flakes and coriander. Gently bring to the boil for 8-10 minutes.
- During the last 2 minutes, whisk in the cream. Turn off heat and return chicken to the pan for 2-3 minutes.

## ***Nutritional Information:***

Total servings - 4

Per serving:

Fat: 16g
Carbohydrates: 3g
Protein: 16g
Calories: 184

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