**Keto Chicken Parmesan Casserole**

**Ingredients:**

**For Chicken:**

* 4 Chicken Breasts, Cut Into 1-Inch Cubes (Approx. 7 Cups))
* 2 Cloves Garlic, Minced (Approx. 1 Tsp)
* Salt & Pepper To Taste
* 1/2 Tsp Garlic Powder
* 1/2 Tsp Onion Powder
* 1/2 Tsp Dried Oregano
* 1/2 Tsp Italian Seasoning
* 2 Tbsp Butter, Cut Into 8 Pats
* Parchment Paper

**For Casserole:**

* 3 1/2 Cups No-Sugar-Added Marinara Sauce (Store Bought Or Homemade)
* 1/2 Tsp Red Pepper Flakes
* 1 1/2 Cups Grated Parmesan Cheese
* 1/2 Cup Shredded Parmesan Cheese
* 2 1/2 Cups Shredded Mozzarella Cheese
* 3 1/4 Oz. Crushed Pork Rinds (Approx. 1 Entire Bag)
* 1/2 Tsp Dried Basil or Italian Seasoning

**Instructions:**

**Chicken Breasts:**

* Preheat Oven to 400°F & Grease 9” x 13” Baking Dish With Cooking Spray.
* Pound Chicken Breasts To Even Thickness.
* Season Chicken Breasts On Both Sides With Salt, Pepper, Garlic & Onion Powder, Dried Oregano & Italian Seasoning.
* Arrange Chicken Breasts In Baking Dish & Rub Minced Garlic Onto Each Chicken Breast.
* Place Two Pats Of Butter On Each Chicken Breast.
* Place Parchment Paper Over Chicken Breasts & Snugly Tuck All Four Edges Under Chicken Breasts.
* Bake for 30-35 Minutes, Or Until Chicken Reaches An Internal Temperature of 165°F.
* Once Cooked, Remove Chicken Breasts From Baking Dish & Cut Into 1-Inch Cubes.

**To Assemble Casserole:**

* Preheat Oven to 350°F & Grease 9” x 13” Baking Dish w. Cooking Spray (You Can Use The Same Baking Dish Used To Cook The Chicken Breasts.)
* Combine Grated & Shredded Parmesan & Set Aside.
* Combine Crushed Pork Rinds, Red Pepper Flakes & Dried Basil or Italian Seasoning & Set Aside.
* Evenly Spread 1 Cup of Marina Sauce On Bottom Of Baking Dish. Top With 1/2 Cup Parmesan Mixture, 3/4 Cup Shredded Mozzarella Cheese, & 1/2 of Pork Rind Mixture.
* Evenly Spread Cubed Chicken On Top Of Bottom Layer.
* Evenly Spread Remaining Marina Sauce On Top Of Chicken. Top With Remaining Parmesan Mixture.
* Evenly Sprinkle Remaining Shredded Mozarella On Top Of Parmesan Mixture & Top With Remaining Pork Rind Mixture.
* Bake For 25 Minutes, Or Until The Cheese Is Melted & Bubbly.

**To Serve:**

* Allow Casserole To Cool For 15 Minutes Before Serving.
* If Casserole Is Being Made For Meal Prep, Score Top Layer After 15 Minutes & Allow To Cool Completely Before Cutting Into 8 Equal Portions.