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Description

This creamy garlic herb chicken tenderloin casserole combines tender cuts of chicken with a rich, velvety cheese sauce and golden roasted vegetables. It delivers bold comfort-food flavor while keeping your meals light, satisfying, and deeply nourishing. Perfect for meal prep, this recipe blends high-protein chicken tenderloins with a rich, low-carb cream base for a quick weeknight dinner.

Can This Creamy Garlic Herb Chicken Tenderloin Casserole Support Weight Loss Goals?

Yes, this recipe supports weight loss goals by leveraging high-protein lean chicken tenderloins to keep you full and satisfied for hours. The high protein content helps maintain muscle mass while keeping net carbs exceptionally low, helping prevent energy crashes and unwanted cravings.

Does Creamy Garlic Herb Chicken Tenderloin Casserole Fit a High-Protein Lifestyle?

Yes, this dish fits perfectly into a high-protein lifestyle because it yields over 40 grams of quality protein per serving. Using lean chicken tenderloins paired with real cream, garlic, and freshly shredded mozzarella, it minimizes net carbs while maximizing protein density. It is an ideal fit for anyone following low-carb, keto, or high-protein daily meal plans without sacrificing rich taste.

My Personal Experience

- Saves dinner prep time on busy weeknights. Using tenderloins means minimal trimming and faster baking times than whole chicken breasts, keeping active prep under fifteen minutes.
- Keeps leftovers tender and juicy. The creamy garlic sauce protects the meat while baking, so leftovers re-heat without becoming dry or rubbery.
- Pairs easily with low-carb sides. Serves amazingly over caulirice or zucchini noodles to absorb the savory cheesy garlic sauce while keeping overall carbs low.

Perfect For:

Ideal for high-protein dinners, low-carb meal prep, keto diet plans, post-workout recovery meals, and cozy family weeknight suppers.

Why You’ll Love This Recipe:

- Packed with lean protein in every bite. Features lean chicken tenderloins to deliver high quality muscle-building protein while keeping total carbohydrates minimal.
- Rich, comforting texture without heavy flour fillers. Uses a naturally thick cream sauce and melted cheese rather than flour-heavy roux to preserve low-carb eating goals.
- Quick baking time with simple prep. Smaller chicken cuts cook quickly and evenly, ensuring a moist and juicy dinner ready in under half an hour.

Common Mistakes to Avoid:

- Overcooking the tenderloins: Chicken tenderloins are small and cook quickly; overbaking makes them dry and tough.
- Using pre-shredded cheese: Pre-shredded cheeses contain anti-caking starches that add hidden carbs and prevent a smooth sauce melt.
- Skipping the meat pat-dry step: Excessive moisture on the raw chicken dilutes the sauce and leads to a watery casserole base.
- Baking at too low a temperature: Baking at lower heat prevents the cheese top from achieving a nice golden-brown crust.

Required Equipment:

- 9×13-inch ceramic baking dish — ensures even heat distribution and prevents edge burning.
- Paper towels — pats raw tenderloins dry to guarantee a rich, non-watery casserole sauce.
- Whisk — blends the cream cheese, broth, and seasonings smoothly before baking.
- Meat thermometer — verifies exact internal temperature to keep chicken juicy.

Storage Instructions:

Store cooled leftover casserole in an airtight container in the refrigerator for up to 4 days. For freezer storage, portion into meal prep containers and freeze for up to 2 months. Reheat gently to preserve the creamy texture and keep your high-protein meal fresh.

Recipe Details

- Preparation Time: 15 minutes

- Cooking Time: 25 minutes
- Total Time: 40 minutes
- Servings: 4

Best Season for This Recipe: All-season comfort meal

Total Calories (Per Serving): Approximately 410 kcal

Description Summary

This creamy garlic herb chicken tenderloin casserole offers high-protein comfort with minimal carbohydrates. tender chicken strips are baked in a savory cheese sauce for an effortless weeknight meal. Enjoy a delicious dish that keeps meal prep easy and fits into low-carb lifestyle goals.

 Ingredients:

- 1.5 lbs chicken tenderloins (patted dry; remove tendons if desired)
- 1 tbsp olive oil
- 1 tsp garlic powder
- 1 tsp dried Italian seasoning
- ½ tsp smoked paprika
- ½ tsp salt
- ¼ tsp freshly cracked black pepper
- 4 oz cream cheese (softened to room temperature)

- ½ cup heavy cream
- ¼ cup low-sodium chicken bone broth
- 1 cup shredded mozzarella cheese (freshly shredded)
- ¼ cup grated parmesan cheese
- 2 cups broccoli florets (chopped small)

Directions:

1. Preheat & Prepare: Preheat your oven to 375°F (190°C) and lightly grease a 9×13-inch baking dish with olive oil; arrange the fresh broccoli florets evenly along the bottom.
2. Season Chicken: Lay the chicken tenderloins flat on paper towels to absorb excess surface moisture, then season both sides evenly with garlic powder, Italian seasoning, smoked paprika, salt, and black pepper.
3. Whisk Sauce Base: In a medium bowl, whisk together the softened cream cheese, heavy cream, chicken bone broth, and half of the grated parmesan until smooth and creamed evenly.
4. Assemble Casserole: Place the seasoned chicken tenderloins over the broccoli base in your baking dish, then pour the garlic cream sauce mixture evenly across the top, covering the meat completely.
5. Bake & Melt: Cover with foil and bake at 375°F (190°C) for 15 minutes; remove foil, sprinkle with mozzarella and remaining parmesan, and bake uncovered for 8 to 10 additional minutes until the internal temperature reaches 165°F (74°C) and the cheese turns bubbly and golden brown.
6. Rest & Serve: Remove from the oven and let rest for 5 minutes to allow the high-protein cheese sauce to thicken before serving warm.

Nutrition Facts (Per Serving – Approximate):

- Calories: 410 kcal
- Fats: 24 g
- Cholesterol: 135 mg
- Sodium: 580 mg
- Potassium: 520 mg
- Total Carbohydrates: 5 g
- Fiber: 1.5 g
- Net Carbs: 3.5 g
- Sugars: 2 g
- Protein: 43 g
- Calcium: 280 mg

Notes:

- Storage: Store leftovers in glass airtight containers in the fridge for 3 to 4 days.
- Reheating: Reheat low-carb portions in the oven at 350°F (175°C) or microwave on 70% power to prevent the cream sauce from separating.
- Allergy Info: Dairy-containing recipe; swap heavy cream and cheese for plant-based alternatives to make it dairy-free.
- Flavor Boost: Add a pinch of red pepper flakes or chopped fresh basil right before serving

for extra brightness and depth.