



Long Livo

Easy One Pan Ground Chicken Casserole

15 min
Prep time

4
Servings

25 min
Cook time

Easy
Difficulty

40 min
Total time
American
Cuisine

Ingredients

Main Ingredients

- ☐ 1 lb ground chicken
- ☐ 1 cup frozen mixed vegetables (peas, carrots, corn)
- ☐ 1 cup shredded mozzarella cheese
- ☐ 1 cup low-sodium chicken broth
- ☐ 2 tbsp olive oil

- ☐ 1 tsp lemon zest
- ☐ 1 tsp honey
- ☐ Salt and pepper to taste

Optional Add-ins

- ☐ 1/2 cup cooked rice or quinoa
- ☐ 1/4 cup fresh parsley, chopped

Instructions

- 1 Preheat the oven to 375°F (190°C) and lightly grease a 9-inch baking dish.
- 2 In a large skillet, heat olive oil over medium-high heat; add ground chicken, season with salt and pepper, and cook until lightly browned, about 5-6 minutes.
- 3 Stir in frozen vegetables, chicken broth, lemon zest, and honey; bring to a gentle simmer for 3 minutes, letting the flavors meld.
- 4 Transfer the mixture to the prepared dish, sprinkle mozzarella evenly on top, and bake uncovered for 20-22 minutes, or until the cheese is golden and bubbling.
- 5 Remove from oven, let rest for 5 minutes, garnish with fresh parsley if desired, and serve warm.

Nutrition per serving

340 kcal
Calories

30 g
Protein

22 g
Carbs

11 g
Fat

Tips & notes

- For extra crispiness, switch the oven to broil for the last 2 minutes, watching closely.
- If using fresh vegetables, sauté them briefly before adding to retain crunch.
- Adjust honey level for a sweeter or more savory profile.