

# Chicken & Potatoes Au Gratin

*Recipe makes 6 meals*

## Ingredients

- **1.5 lbs Boneless Skinless Chicken Breast, diced**
- **3 lbs Russet Potatoes, about 6 medium potatoes, diced**
- **16 oz Low Fat Cottage Cheese, (1% Milk Fat)**
- **1 cup Extra Sharp Cheddar Cheese, shredded**
- **1/2 cup Fat Free Fairlife Milk**
- **2 Garlic Cloves**
- **3 Tbsp Olive Oil**
- **2 Tbsp Bread Crumbs**
- **1 Tbsp Garlic Powder**
- **1/2 Tbsp Onion Powder**
- **1/2 Tbsp Paprika**
- **1/2 Tbsp Thyme**
- **Salt and Pepper to taste**



## Nutrition Profile

*- per meal -*

**Calories - 494**  
**Fat - 15g**  
**Carbohydrates - 48g**  
**Protein - 42g**  
**\*Fiber - 3g**

**Estimated Cost  
Per Meal**

**\$1.89**

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# Instructions

- 1. Start by preheating your oven to 450°F. While your oven is preheating, bring a large pot of water to a boil and add in your diced potatoes. Boil for only 4-5 minutes. Once they are parboiled, strain them and let them drip dry in the strainer.**
- 2. For your seasoning, in a mixing bowl, add 3 Tbsp of olive oil, 1 Tbsp garlic powder, 1/2 Tbsp paprika, 1/2 Tbsp thyme, and a little salt (about 1 tsp) and pepper. Mix well.**
- 3. In a large mixing bowl, add in your parboiled potatoes, and about 1/2 of your seasoning mixture. Mix to coat, then transfer your seasoned potatoes to a 9x13 casserole dish.**
- 4. In that same mixing bowl, add your diced chicken, along with the rest of your seasoning mixture. Mix to coat, then add your seasoned chicken on top of your potatoes.**
- 5. Place casserole dish in the oven on 450°F for about 30 minutes.**
- 6. A few minutes before your casserole is done, you're going to make your cheese sauce. In a blender or food processor, add 16 oz cottage cheese, 1/2 cup milk, 2 garlic cloves, 1/2 Tbsp onion powder, and salt and pepper to preference. Blend until smooth, taste, adjust seasonings to fit your preference, then set aside.**
- 7. When your chicken is cooked through and your potatoes are fork tender, pour the cheese sauce over them, and mix to incorporate.**
- 8. Sprinkle 1 cup of shredded cheese on top, along with 2 Tbsp of bread crumbs. Place back in the oven for a few minutes until cheese is melted. If you broil, be sure not to burn your bread crumbs.**
- 9. Once it's done, give it a taste, add salt and pepper to preference, and enjoy!**



# Notes

- **Parboiling your potatoes is optional. If you like firmer potatoes, you may want to skip this step.**
- **This dish is a blank slate waiting for veggies! Feel free to get creative and bulk it up with your favorite flavorful veggies.**
- **If you want more of a cheese taste in your sauce, alternatively, you can blend some of your shredded cheese in with your cottage cheese.**
- **For even distribution of meals among meal containers, you can either estimate the portions, or weigh the entire batch, and divide that number by your number of meal containers. This recipe makes six meals, so it would be the total weight, divided by six. That will be your portion size per meal.**
- **If storing for meal prep, place into freezer safe meal containers, and place in the freezer for freshness. Take the meal out of the freezer and place it in the refrigerator the night before to let the meal thaw out.**