

Chicken Bacon Ranch Bake

Recipe makes 6 meals

Ingredients

3 Boneless Skinless Chicken
Breasts, 8 oz each
6 slices Bacon, crumbled
15 oz Barilla Protein+ Pasta
12 oz Frozen Broccoli, thawed
1.5 C Chicken Broth, divided
3/4 C Fat Free Plain Greek
Yogurt
1/2 C Fat Free Fairlife Milk
1/2 C Shredded Mozzarella
Cheese
2 oz Ranch Seasoning
1 Tbsp Olive Oil
2 tsp Garlic Powder
2 tsp Onion Powder
Salt and Pepper to taste



Nutrition Profile

- per meal -

Calories - 486

Fat - 10g

Carbohydrates - 55g

Protein - 46g

**Estimated Cost
Per Meal**

\$3.43

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Instructions

1. Start by heating 1 Tbsp of olive oil over medium-high heat. While your oil is heating up, season your chicken with 1 tsp of garlic powder, 1 tsp of onion powder, and a little salt. Flip them over and season the other side the same way.
2. When your oil is hot, lay in your chicken breasts. Cook for 3-4 minutes, flip them over and cook for another 3-4 minutes, then pour in 1 cup of chicken broth. Cover and cook for 10 minutes, turning them over halfway through.
3. While your chicken is cooking, make your sauce by adding 3/4 cup fat free plain Greek yogurt, 1/2 cup fat free milk, and 1 ounce ranch seasoning. Mix well and set aside.
4. When your chicken is cooked all the way through, place it in a large mixing bowl and shred using your preferred method. Add in any remaining juice from the pan, along with 1 ounce of ranch seasoning, and 1/2 cup chicken broth. Mix and set aside.
5. Cook your bacon using your preferred method. When done, let it cool, then crumble for topping later.
6. Cook your pasta according to the instructions on the package. When done, strain, and return to the pot.
7. In the pot with your pasta, add in your thawed broccoli, your shredded chicken, and your ranch sauce. Mix, add salt and pepper to preference, then transfer to a 13x9 baking dish.
8. Top with 1/2 cup mozzarella cheese and your crumbled bacon. Bake at 400°F for 15 minutes.
9. Enjoy!



Notes

- The method of making the shredded chicken for this recipe is just my preference when I am not using my crockpot. If you want to use another method, such as an Instant Pot, feel free.
- This brand of broccoli that I used had fairly large pieces. If you experience this, you may want to chop the broccoli up a little so that you don't have very large pieces throughout your dish.
- To cut the cost of this recipe, you can use bacon bits for your bacon crumbles on top instead of fresh cooked bacon.
- 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.