



18 EASY & HEALTHY CASSEROLE RECIPES FOR YOU

FAVE HEALTHY RECIPES 

18 Easy and Healthy Casserole Recipes for You

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Letter from the Editors

Dear Healthy Cooking Enthusiast:

When it comes to easy, family-friendly cooking, nothing can hold a candle to casserole recipes. All you need to do is combine choice ingredients in a casserole dish, and then cook everything until a delicious dinner is served. The only problem with typical casserole recipes is that they are often loaded with heavy, calorie-laden ingredients.

Luckily, you can have your casserole and eat it too! With this eCookbook, *18 Easy and Healthy Casserole Recipes For You*, FaveHealthyRecipes.com has gathered together the best healthy casserole recipes. Use any of these healthy casseroles to serve a scrumptious supper that everyone will love.

We have assembled some of the absolute best casserole recipes around, including healthy chicken casseroles, vegetable casserole recipes, and healthy casseroles with ground beef. This healthy cooking eCookbook has everything from German Dumpling Casserole and Feel Good Zucchini Casserole to Skinny Italian Beef & Peppers Casserole and Gluten Free Leftover Turkey Casserole. The recipes in this crowd-pleasing collection are fun and easy, and all of them are delicious. Make one or make several, and discover the tasty and healthy delights that can only be found in healthy casserole recipes!

For additional healthy casserole recipes, be sure to visit FaveHealthyRecipes.com. While you're there, subscribe to FaveHealthyRecipes' free *Quick and Healthy Recipes* newsletter to get free recipes delivered to your inbox every week.

Enjoy your healthy easy casserole recipes!

Sincerely,

The Editors of FaveHealthyRecipes.com

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Vegetable Casserole Recipes

Broccoli and Zucchini Noodle Casserole

By: [Judith Hines for FaveHealthyRecipes](#)

Made with fresh veggies and healthy ingredients, this Broccoli and Zucchini Noodle Casserole will soon become your favorite casserole recipe. This vegetable casserole is both delicious and nutritious, so you won't feel guilty for serving this meal to your family. Put down that box of mac and cheese because this recipe is just as simple to make, but it's so much better for you.

Serves: 8

Cooking Time: 45 min

Ingredients:

- 4 large zucchini, unpeeled
- 1 teaspoon salt
- 4 large eggs
- 1 cup egg whites (from 8 eggs)
- ½ cup fat-free plain Greek yogurt
- Fresh ground black pepper
- 2 cups Broccoli, chopped into small pieces
- 2 cups kale, stemmed and chopped
- ½ cup basil leaves, roughly torn or chopped
- 1 ½ cup reduced-fat shredded Cheddar cheese, divided

Instructions:

1. Preheat oven to 350 degrees F and spray a 10-inch baking dish with cooking spray.
2. Use a spiral cutter to cut the zucchini into noodles. Place the zucchini noodles into a large colander and sprinkle with the salt, tossing with your hands to mix. Let stand 20 minutes, tossing again a couple times. Place on a clean kitchen towel and roll and squeeze to remove as much moisture as possible.
3. In a large bowl, mix the eggs, egg whites, yogurt, and pepper. Add the dried zucchini, broccoli, kale, and basil into the bowl. Add one cup of the cheese and mix. Pour into the prepared baking dish and sprinkle with the remaining cheese. Bake for 40-45 minutes.

Nutritional Information:

Per Serving (295 g)

167 Calories

7.2 g Total Fat

3.4 g Saturated Fat

10.1 g Total Carbohydrates

2.6 g Dietary Fiber

4.3 g Sugars

17.4 g Protein



Feel Good Zucchini Casserole

By: Judith for FaveHealthyRecipes

This Feel Good Zucchini Casserole is so simple and delicious. This healthy casserole recipe is more like a crustless quiche because it is made with beaten eggs, a splash of milk, and a few tablespoons of finely grated Parmesan cheese. Tucked inside this simple casserole are sautéed and seasoned broccoli and zucchini. These veggies are an excellent source of essential vitamins. We guarantee that this casserole will soon become one of your favorite casseroles ever.

Serves: 4

Cooking Time: 30 min

Cooking Vessel Size: 9 x 9 Baking Dish

Ingredients:

- 1 tablespoon olive oil
- 1/2 cup chopped onion
- 4 cups broccoli florets
- 2 large zucchinis, cut into rounds (about 4 cups)
- Salt and fresh ground pepper
- 1/8 teaspoon red pepper flakes
- 4 eggs
- 1/2 cup milk
- 2 tablespoons fresh basil, chopped
- 1/4 cup Parmesan cheese, finely grated



Instructions:

1. Preheat oven to 350 degrees F, and spray a 9 x 9-inch baking dish with cooking spray.
2. In a large non-stick skillet over medium-high heat, sauté onion in the oil until it is translucent. Then, add broccoli and zucchini. Continue to sauté, stirring often, until the veggies begin to brown. Sprinkle with salt, pepper, and the optional pepper flakes. Add 1/4 cup water and cover, lowering heat to medium-low, for 5 minutes until broccoli is still bright green but just becoming tender.
3. Place vegetable mixture into the baking dish. Beat together the eggs, milk, and basil, and pour over the vegetables. Sprinkle Parmesan on top, and bake for 30 minutes or until mixture is firm.

Nutritional Information:

Per Serving (322 g)

207 Calories

12 g Total Fat

4.3 g Saturated Fat

13.1 g Total Carbohydrates

3.8 g Dietary Fiber

5.6 g Sugars

15 g Protein

German Dumpling Casserole

By: [Lisa from Panning the Globe](#)

This German Dumpling Casserole is traditional German food with a twist. This recipe for dumplings comes from the classic German casserole that contains spaetzle dumplings, butter, and cheese. This version of the dish adds wilted winter greens and caramelized onions for added flavor and texture. This lightened-up version of the original dish tastes great as a main dish or as a side dish. Even though this recipe takes a bit more work, this homemade meal will be worth it. This will quickly become a fixture in your home.

Serves: 8

Preparation Time: 1 hr

Cooking Time: 35 min

Ingredients:

Spaetzle

- 2 large eggs
- 1 cup 2% milk
- 3 sifted cups of all-purpose flour
- ½ teaspoon salt
- ⅛ teaspoon fresh ground pepper
- 6 ounces grated gruyere cheese
- 1 tablespoon of olive oil

Onions

- 2 tablespoons olive oil
- 2 large onions, thinly sliced
- ½ teaspoon kosher salt

Greens

- 2 tablespoons olive oil
- 1 bunch lacinato kale (also known as dinosaur kale or Tuscan kale), thick stems removed, washed, torn into bite-sized pieces
- 1 bunch Swiss chard, thick stems removed, washed, torn into bite-sized pieces
- Salt
- Fresh ground pepper



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Instructions:

1. Make spaetzle in a large bowl. Whisk or beat eggs until they start to get foamy on top. Stir in milk.
2. In a medium bowl combine flour, salt, and pepper. Add flour mixture to eggs a cup at a time, stirring until just combined. Do not overwork the dough because it makes it tough. You will have a fairly firm batter. If it's too firm and not sticky at all, add a bit of water. Don't worry if it's not perfectly smooth.
3. Bring a large pot of salted water to a boil. Working with $\frac{1}{4}$ of the batter at a time, hold the spaetzle maker over the pot and slide the cup back and forth, allowing the dough to fall into the water. You may need to use a knife to help release the dough. Allow it to boil for another 2½-3 minutes. Using a skimmer or a slotted spoon, transfer cooked spaetzle to the ice bath. Repeat three more times or until all the batter is used up. Once the ice has melted, drain the spaetzle. Put it in a bowl and toss with 1 tablespoon olive oil. At this point you can store it in the fridge, covered, for a day or so before proceeding.
4. Preheat the oven to 400 degrees F.
5. Caramelize the onions in a large heavy pot. Combine olive oil, sliced onions, salt, and 3 tablespoons of water. Heat the mixture until it starts to sizzle, then turn the heat down to a simmer, cover, and cook for 30 minutes, stirring occasionally.
6. Wilt the greens while the onions are cooking, heat oil in a large skillet over medium heat until hot but not smoking. Add greens and 2 tablespoons water. Cover and cook, stirring occasionally, until wilted for about 3 minutes. Remove from heat. Season to taste with salt and fresh ground pepper.
7. Assemble the dish in a large bowl. Toss spaetzle with wilted greens, caramelized onions and grated cheese. Season generously with salt and fresh ground pepper, to taste. Pour the whole mixture into a lightly oiled 9 x 13-inch casserole. Bake in the oven for 20-25 minutes, until heated through and cheese is melted.

Nutritional Information:

Per Serving (112 g)

292 Calories

9.2 g Total Fat

4.9 g Saturated Fat

37.5 g Total Carbohydrates

1.3 g Dietary Fiber

1.7 g Sugars

Zucchini, Tomato and Potato Casserole

By: [Elizabeth Lampman from Frugal Mom eh!](#)

The Zucchini, Tomato and Potato Casserole is a nutritious and delicious way to make sure your family eats their vegetables. This recipe combines zucchini, tomatoes, and potatoes in a pan, which makes for a colorful side-dish or main dish. The almond slices add a dash of nutty flavor to the mix, making this casserole recipe flavorful and healthy. Vegetables never looked so good! Your family will be begging for seconds of this vegetable casserole.

Serves: 5

Cooking Time: 1 hr 10 min

Ingredients:

- 1 large onions, sliced ¼-inch thick
- 2 medium potato, sliced ¼-inch thick
- 2 medium zucchini, sliced ¼-inch thick
- 2 medium tomatoes, sliced ¼-inch thick
- 1 teaspoon of sea salt
- ¾ teaspoon of black pepper
- 2 tablespoon extra-virgin olive oil
- 1 tsp dry basil or 1 tablespoon fresh basil, minced
- ¼ cup blanched almonds, sliced

Instructions:

1. Preheat oven to 375 degrees F.
2. Layer onions into a 10-inch quiche dish or pie dish.
3. Toss together potatoes, zucchini, and tomatoes with salt and pepper.
4. Arrange potatoes and zucchini into separate layers over the onions and drizzle with 1 tablespoon of oil.
5. Arrange potatoes, zucchini, and tomatoes in a single layer over your first layer, alternating and overlapping slightly.
6. Sprinkle basil and almond over top then drizzle with remaining oil.
7. Cover with aluminum foil and bake for 30 minutes.
8. Remove foil and bake for another 35 to 40 minutes or until golden brown.
9. Let stand about 10 minutes before serving.



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Nutritional Information:

Per Serving (247 g)

165 Calories

8.3 g Total Fat

1 g Saturated Fat

21.2 g Total Carbohydrates

4.6 g Dietary Fiber

4.8 g Sugars

4.1 g Protein

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The Greatest Green Bean Casserole

By: [Danielle Zimmerman for FaveHealthyRecipes](#)

A holiday meal isn't complete without this Family-Favorite Green Bean Casserole. Your friends and family will rave about this delicious side dish, and they'll love it so much that they'll go back for seconds and thirds. The creamy roux and homemade fried onions make this fresh green bean casserole absolutely perfect. Because this green bean dish is a classic favorite, it's perfect for Thanksgiving, Christmas, or whenever you're in the mood to cook. This gluten-free recipe is unlike many green bean casseroles because it doesn't use the can of cream of mushroom soup.



Serves: 8

Ingredients:

Green Beans

- 1 ½ pound fresh green beans, blanched

Fried Onions

- 2 large yellow onions, sliced into thin rings
- 1 ½ cup milk
- ¾ cup Bisquick™ Gluten Free Mix
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- 1 pinch thyme
- ¼ teaspoon garlic powder
- ¼ teaspoon oregano

Roux (creamy sauce)

- 4 tablespoons butter
- 4 tablespoons rice flour
- 3 cups milk
- Oil
- 1 teaspoon salt
- ½ teaspoon ground black pepper
- ½ cup sharp Cheddar cheese, grated
- ½ cup mild Cheddar cheese, grated

Instructions:

Fried Onions

1. Combine onions and milk in medium bowl and let stand for 3-5 minutes.
2. In a deep saucepan, heat two inches of oil to 375 degrees F.
3. Remove onions from milk and place them in a strainer or colander to drain.
4. In a gallon-sized re-sealable plastic storage bag, mix Bisquick Gluten Free Mix, salt, ground black pepper, thyme, garlic powder, and oregano.

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5. Place onions in plastic bag and seal.
6. Shake bag until onions are fully coated.
7. Gently place a portion of the onions in hot oil. Make sure you don't overcrowd the onions. Fry for 2 to 4 minutes or until golden brown.
8. Take onions out and drain on paper towels. Repeat as necessary with remaining onions.

Roux

1. In a separate saucepan, melt butter over medium heat.
2. Add rice flour and begin whisking immediately.
3. After a minute or two, slowly pour in milk and continue cooking, whisking constantly while sauce thickens.
4. Add salt and ground black pepper to the saucepan
5. Add sharp and mild Cheddar cheese. Stir until cheese is fully melted. Turn off heat.

Green Bean Casserole

1. Preheat oven to 350 degrees F.
2. Place blanched green beans in a 9 x 13-inch pan.
3. Spread roux evenly over the green beans.
4. Top the green beans with the fried onions.
5. Place casserole on middle shelf and bake for 25 minutes, or until the fried onions are crisped to your liking.

Nutritional Information:

Per Serving (209 g)

248 g Calories

13.5 g Total Fat

8.3 g Saturated Fat

22.8 g Total Carbohydrates

1.3 g Dietary Fiber

8.4 g Sugars

9.4 g Protein

Garden-Fresh Vegetable and Rice Casserole

By: Dawn from First Look, Then Cook

If your garden has produced more vegetables than your refrigerator can hold, Garden-Fresh Vegetable and Rice Casserole is the perfect dish for you. It's one of the best vegetable casserole recipes because you can put in whatever veggies you'd like. The different vegetables make this dish not only colorful, but also very flavorful.

Cooking Time: 45 min

Ingredients:

- 2 teaspoon olive oil
- 1 medium onion, chopped
- 1 green or red pepper, chopped
- 2 garlic cloves, minced
- 2 zucchini, shredded with skins on
- 2 cups carrots, shredded
- 1 teaspoon salt
- 1 tablespoon fresh dill, chopped
- 1 cup cooked rice
- 1 cup cherry tomatoes, halved
- ¼ cup Parmesan cheese
- ½ cup shredded cheddar cheese
- ¼ cup bread crumbs
- 2 eggs, slightly beaten
- 2 tablespoons of Parmesan cheese



Instructions:

1. Preheat oven to 350 degrees F.
2. Heat olive oil in a large sauté pan over medium-high heat. Add chopped onion and peppers. Sauté until soft, about 5 minutes. Add garlic and sauté 1 minute. Add shredded carrots, zucchini, and salt and cook until soft, about 5 more minutes. Turn off the heat and cool.
3. In a separate bowl, mix together dill, rice, cherry tomatoes, ¼ cup Parmesan cheese, Cheddar cheese, and bread crumbs. Add vegetables and mix carefully. Add beaten eggs just until combined.
4. Spread mixture into a glass baking dish covered in cooking spray. Sprinkle 2 tablespoons of Parmesan cheese over the top. Bake until bubbly for 30-45 minutes. Broil for the last couple minutes until nicely brown on top.

Nutritional Information:

Per Serving (223 g)

274g Calories

8.8g Total Fat

4.2g Saturated Fat

37.8g Total Carbohydrates

3.1g Dietary Fiber

5.0g Sugars

11.8g Protein

Chicken Casserole Recipes

Baked Broccoli Chicken Alfredo Casserole

By: [Christine from Apple of My Eye](#)

Few things are more comforting than a wholesome, cheesy, chicken casserole recipe. This Baked Broccoli Chicken Alfredo Casserole will really hit the spot! The delightful combination of soft pasta, tender chicken, and fresh broccoli will satisfy your appetite. Each delicious bite will be full of flavor, so you'll definitely want to go back for seconds. This casserole recipe includes a bit of garlic, which will really jazz up this dish and give it an extra punch of flavor. It's the perfect casserole to whip up on a hectic weeknight because it takes only 35 minutes to make. Your whole household will love this yummy dish! Delicious, oh-so-cheesy, and easy! What more could you want?

Serves: 6

Preparation Time: 20 min

Cooking Time: 15 min

Ingredients:

- ½ pound uncooked pasta noodles
- 3 cups broccoli, roughly chopped
- ½ pound chicken breast, cubed
- Olive oil
- 2 tablespoon butter
- 3 cloves garlic, diced
- 3 tablespoons flour
- 2½ cups milk
- 2 cups Italian cheese blend
- Garlic salt
- Salt and pepper
- ¼ cup fresh Parmesan cheese

Instructions:

1. Preheat oven to 375 degrees F.
2. In a large pot, boil pasta till al dente. In the last minute or so of cooking, add in the broccoli and boil till it is cooked but still crunchy. Drain and set aside.
3. While the pasta is cooking, cube the chicken and season it with salt and pepper. Pan-fry it in the olive oil. Add the chicken to the pasta and broccoli mixture.
4. In a medium-sized saucepan, melt the butter and cook the garlic for 20-30 seconds being careful not to burn it. Add in the flour and whisk it to form a roux. Cook for 30 seconds, then add in the milk and bring the white sauce to a gentle boil, stirring occasionally and letting it thicken for 5 minutes or so. Add in the Italian cheese blend and season liberally with garlic salt, salt, and pepper to taste. Pour the sauce over the pasta, broccoli, and chicken, stirring to coat everything completely.



5. Pour the pasta into a greased baking dish and sprinkle with the parmesan. Bake for 15 minutes.

Nutritional Information

Per Serving (248 g)

535 g Calories

14 g Total Fat

3.4 g Saturated Fat

68 g Carbohydrates

6.6 g Sugar

4.1 g Fiber

35 g Protein



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Chicken and Wild Rice Casserole

By: SoL Sunflower Beverage

Let the natural goodness of sunflowers enrich your next meal with this Chicken and Wild Rice Casserole from SoL. With only wholesome ingredients, this is one of the very best healthy chicken casserole recipes to serve to loved ones. Best of all, this is one of the fastest healthy casserole recipes to make, as the dish only needs 25 minutes in the oven.

Serves: 4

Preparation Time: 20 min

Cooking Time: 25 min

Ingredients:

- ¼ cup all-purpose flour
- ¼ cup light butter
- 1 cup Sunrich SoL Unsweetened
- 1 whole rotisserie chicken
- 4 garlic cloves, minced
- 2 cups cooked wild rice
- 3 tablespoons bread crumbs
- ½ cup Cheddar cheese



Instructions:

1. Preheat oven to 325 degrees F.
2. In a small saucepan, combine the butter, flour, and Sunrich SōL Unsweetened. Cook and stir over low heat until slightly thickened and bubbly. Allow the sauce to reduce until it begins to coat the sides of the saucepan.
3. Add the garlic and rotisserie chicken to the Sol sauce. Toss until well combined. Fold in the cooked wild rice.
4. After thoroughly combining the wild rice to the mixture, transfer to a baking dish. Sprinkle with bread crumbs. Top with cheddar cheese.
5. Bake in the oven for 25 minutes, or until the cheddar cheese is a golden brown.

Nutritional Information:

Per Serving (158 g)

340 g Calories

15 g Total fat

33 g Total carbohydrates

2 g Dietary fiber

3 g Sugars

18 g Protein

Creamy Slow Cooker Chicken and Rice Casserole

By: [Arielle Matlin for FaveHealthyRecipes](#)

There is nothing better than an easy chicken casserole recipe, except maybe a slow cooker chicken casserole recipe. This recipe for Creamy Slow Cooker Chicken and Rice Casserole is the perfect recipe to make during a busy week because the slow cooker does all of the work. All you have to do is combine the ingredients and let the slow cooker do the rest. No one will believe that this flavorful chicken casserole is so easy to make.



Serves: 4

Preparation Time: 5 min

Slow Cooker Time LOW: 4 hr

Ingredients:

- 4 large boneless, skinless chicken breasts
- 1 can light cream of chicken soup
- 1 can light cream of mushroom soup
- 1 can light cream of celery soup
- ½ cup of celery, diced
- 1 cup instant brown rice

Instructions:

1. Mix the 3 cans of soup and rice in the slow cooker.
2. Place the chicken on top of the mixture, and then add the diced celery.
3. Cook for 3 hours on high or 4 hours on low.

Nutritional Information:

Per Serving (390 g)

361 g Calories

12.4 g Total Fat

3.8 g Saturated Fat

24.9 g Total Carbohydrates

1.8 g Dietary Fiber

3.3 g Sugars

Healthy Homemade Boston Market Squash Casserole

By: [Arielle Matlin for FaveHealthyRecipes](#)

If you like Boston Market's squash casserole, then you'll love this Healthy Homemade Boston Market Squash Casserole. It tastes just like the restaurant's version, but you'll know exactly what goes into your homemade casserole. This tasty casserole is chock-full of healthy veggies, gooey Cheddar cheese, and yummy spices. A healthy casserole can't get much better than this. We suggest that you make this copycat recipe as soon as possible because you definitely won't regret it.



Serves: 8

Preparation Time: 15 min

Cooking Time: 1 hr

Ingredients:

- 2 medium to large zucchini, diced
- 2 medium to large summer squash, diced
- 1 yellow onion, chopped
- 1 "6-ounce" box of Jiffy Corn Muffin Mix
- ¼ cup butter
- 8 ounces Cheddar cheese
- 3 chicken bouillon cubes
- 1 teaspoon garlic, minced
- 1 teaspoon salt
- ½ teaspoon black pepper
- ½ teaspoon dried thyme
- 1 tablespoon fresh parsley, chopped

Instructions:

1. Prepare the Jiffy Mix according to the directions on the box. Let it cool.
2. Sauté the chopped onion in the butter over medium-low heat until the onions are translucent.
3. Add the salt, pepper, thyme, and parsley. Stir.
4. Add the chicken bouillon cubes and garlic. Stir.
5. Add the diced squash, diced zucchini, and Cheddar cheese. Let simmer for 5 minutes.
6. Crumble the corn bread muffins into the squash mixture and add one cup of water. Mix well.
7. Spray a 13 x 11-inch casserole dish with non-stick cooking spray. Pour the zucchini mixture into the prepared casserole dish. Cover with aluminum foil.
8. Bake in a 350 degree F oven for 50-60 minutes, removing the foil 40 minutes in. Serve.

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Nutritional Information:

Per Serving (172 g)

270 g Calories

17.9 g Total Fat

10.8 g Saturated Fat

19.9 g Total Carbohydrates

1.7 g Dietary Fiber

6.4 g Sugars

9.8 g Protein

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Ground Beef Casserole Recipes

Skinny Italian Beef & Peppers Casserole

By: [Brooke Griffin from Skinny Mom](#)

Get ready to dig into this Skinny Italian Beef & Peppers Casserole! This dinner is the answer to the challenge of cooking low-carb Italian meals, and the results couldn't be more delicious! Peppers, onions, celery, and a little surprise (garbanzo beans!) balance out the hearty ground beef in this perfect weeknight meal. This dish keeps well in the freezer, making it a great make-ahead meal, and the leftovers are easy to reheat and still taste fantastic for a small lunch. Mix up your beef casserole recipes and give this one a try!



Preparation Time: 10 min

Cooking Time: 20 min

Serves: 6

Serving Size: 1½ cups

Ingredients:

- 1 pound lean ground beef (or ground turkey)
- 1 teaspoon extra virgin olive oil
- 4 celery stalks, diced
- 2 tablespoons garlic, minced
- 4 bell peppers, diced (We used 1 red, 1 green, 1 orange, and 1 yellow)
- ½ cup green onions, diced
- ¼ cup lemon juice
- 0.7 ounces packet all-natural Italian salad dressing dry mix
- ½ teaspoon crushed red pepper flakes
- 15 ounces can garbanzo beans (chickpeas), rinsed and drained
- ¼ cup Parmesan cheese, grated

Instructions:

1. Preheat oven to 350 degrees F. Spray a casserole dish with nonstick cooking spray and set aside.
2. In a large skillet, add ground beef and cook over medium heat.
3. Use a fork or spatula to separate the ground beef and cook until no longer pink. Remove ground beef, place in a bowl, and set aside.
4. In same skillet, over medium heat, add olive oil, celery, garlic, peppers and green onions. Cook vegetables 4-6 minutes, until they have softened.
5. Return ground beef to skillet. Add lemon juice, Italian seasonings, red pepper flakes, garbanzo beans and 1 tablespoon water. Using a spoon, mix all ingredients together and simmer for 2-3 minutes.

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6. Transfer mixture to casserole dish. Sprinkle with grated Parmesan cheese.
7. Bake for 15-20 minutes or until cheese has melted.

Nutritional Information:

Per Serving (460 g)

209 g Calories

47 g Calories from Fat

7 g Total Fat

2 g Saturated Fat

15 g Total Carbohydrates

4 g Fiber

1 g Sugar

23 g Protein



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Easy Ground Beef Stroganoff

By: [Judith Hines for FaveHealthyRecipes](#)

We hope you're hungry because this Easy Ground Beef Stroganoff is incredibly filling and super satisfying. When you serve this healthy casserole, no one will leave the table wanting more. With ground beef, egg noodles, veggies, and cheese, this casserole is sure to put a smile on your face. You probably never thought a casserole could taste this amazing, but this one will surprise you with how good it actually is. You'll want to make this easy stroganoff recipe at least once a week because it's simply the best.



Serves: 6

Ingredients:

- 1 pound wide egg noodles
- 1 pound lean ground beef
- 1 cup onion, chopped
- ½ teaspoon dried thyme
- 8 ounces button mushrooms, sliced
- 1 cup beef broth
- 1 tablespoon tomato paste
- 8 ounces sour cream
- ½ teaspoon salt
- ½ teaspoon fresh ground pepper
- 2 cups shredded mozzarella cheese
- 2 tablespoons chopped parsley for garnish, optional

Instructions:

1. Preheat the oven to 350 degrees F. Lightly spray a 9 x 13-inch baking dish with cooking spray.
2. Add 1 tablespoon of salt to a large stockpot filled with 4 quarts of water. Place over high heat and wait for the water to boil. When it comes to a rolling boil, cook noodles for the time specified on the package. Drain.
3. While water heats and pasta cooks, place a 10 or 11 x 3-inch deep pot over medium-high heat. Add the beef and cook until it is no longer pink, breaking up chunks with the back of a spoon.
4. Use a slotted spoon to remove meat but leave any fat and juices in the pan. Over medium heat, cook the onions and thyme in the same pan for 2 minutes until onion is translucent. Add mushrooms and continue to cook on medium-high heat, stirring until liquids have released from the mushrooms and then evaporated, about 5 minutes.
5. Return meat to the pan, add broth and tomato paste and stir over medium heat 2 minutes.

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6. Off heat, stir in sour cream, salt, and pepper. Add noodles to the pan and stir, then add meat and about half the mozzarella, stirring just to combine. Pour into prepared baking dish and sprinkle with remaining cheese. Cover with a piece of foil which has been sprayed with cooking spray and bake 25 minutes. Remove foil and continue to bake until lightly browned, about 10 more minutes.
7. Garnish with chopped parsley if desired.

Nutritional Information:

Per Serving (328 g)

458 g Calories

21.3 g Total Fat

11.1 g Saturated Fat

25.9 g Total Carbohydrates

1.9 g Dietary Fiber

2.3 g Sugars

40.6 g Protein



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Pork Casserole Recipes

Super 7 Layer Casserole

By: [Judith Hines for FaveHealthyRecipes](#)

For an easy way to get lots of veggies into one meal, try this easy-to-make casserole! Put it in the oven and relax while it cooks, then enjoy a delicious supper.

Serves: 8

Cooking Time: 1 hr

Ingredients:

- 4 white potatoes, sliced
- Garlic powder
- 1 “16-ounce” can peas, drained, 1/3 cup of the liquid reserved
- 2 large sweet potatoes, sliced
- ½ head red or white cabbage, shredded
- 1 pound fresh mushrooms, sliced
- 1 large red onion, sliced thin
- 1 large Bermuda onion, sliced thin
- Salt and pepper
- 4 “8-ounce” pork or lamb chops
- 16 ounces marinara or ketchup



Instructions:

1. Preheat oven to 350 degrees F. Spray the bottom of a casserole dish lightly with cooking spray.
2. Layer the sliced white potatoes and sprinkle with garlic powder. Layer peas. Layer sweet potatoes. Layer cabbage and sprinkle with salt and pepper. Layer mushrooms and sprinkle with pepper. Layer both onions and sprinkle with pepper.
3. Sprinkle pork or lamb chops with garlic, salt, and pepper and place them, seasoned side down, on top of the onions.
4. Mix the reserved pea water with the marinara or catsup and pour over the casserole.
5. Cover with a tight lid or foil and bake for 40-45 minutes.
6. Remove cover and bake another 15 minutes or until top is browned well.

Nutritional Information:

Per Serving (352 g)
250 g Calories
2.2 g Total Fat
0.6 g Saturated Fat
47.9 g Total Carbohydrates
6.5 g Dietary Fiber
17.5 g Sugars
13.5 g Protein

Full-of-Flavor Pork Chop Casserole

By: Judith Hines for FaveHealthyRecipes

This Full-of-Flavor Pork Chop Casserole will soon become one of your family's favorite dinner recipes. The pork is moist and flavorful and the rice is the perfect complement to the meat. Because this healthy casserole recipe includes both your carbs and protein, you won't need to worry about what else to make with this pork chop recipe. You can simply serve this pork chop casserole with a side salad to create an entire meal. After trying this healthy recipe for the first time, your family will beg you to make it again soon.



Serves: 4

Cooking Time: 45 min

Ingredients:

- ¼ cup flour
- 1 teaspoon salt
- ½ teaspoon pepper
- 4 one-inch thick boneless pork chops
- 2 tablespoons vegetable oil, divided
- 8 ounces mushrooms (2 cups sliced)
- 1 cup finely chopped onion
- 2 tablespoons chopped fresh basil
- salt and pepper, to taste
- 14.5 ounce can beef broth
- 10.5 ounce can golden mushroom soup
- 1 ½ cup rice mix *see note below

Instructions:

1. Preheat oven to 350 degrees F. Lightly spray a 9 x 13-inch baking dish with cooking spray.
2. Place flour, salt, and pepper into a zip-top plastic bag and shake to mix. Add pork chops and shake to lightly coat the pork.
3. In a heavy skillet large enough to hold all of the pork chops, heat 1 tablespoon of the oil over medium-high heat until the oil shimmers. Add the pork chops and brown about 3 minutes a side until golden brown.
4. Remove the chops to a plate and add the remaining oil to the pan. Sauté the onions and mushrooms until the onions are translucent and the mushrooms begin to brown, about 5 minutes. Sprinkle with additional salt and pepper and the fresh basil.
5. In a bowl, mix the broth and soup until well combined. Microwave for 2 minutes on high until hot.

18 Easy and Healthy Casserole Recipes for You

6. Place the rice into the bake dish and pour the soup mixture over. Arrange the pork chops on top and spoon the mushroom mixture over and around the chops. Cover with foil and bake about 45 minutes until rice is tender and has absorbed most of the liquid.
7. If there is too much liquid remaining, remove foil and return to the oven uncovered for 10 minutes.

Notes:

Any type of rice will work here, but we prefer a mixture of long grain and wild rice for its color, flavor, and nutritional value.

Nutritional Information:

Per Serving (430 g)

687 g Calories

30.1 g Total Fat

9.7 g Saturated Fat

72.6 g Total Carbohydrates

3.0 g Dietary Fiber

3.2 g Sugars

29.2 g Protein



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Turkey Casserole Recipes

After-the-Holidays Turkey Casserole

By: [Emily Racette for FaveHealthyRecipes](#)

Before the holidays, you are cooking up a storm. As amazing as everything tastes, it's almost impossible to finish all of the holiday dishes. If you have leftover turkey, then we know how to put it to good use. This After-the-Holidays Turkey Casserole is the perfect recipe for when you find yourself with a ton of leftover turkey. The best news is that this naturally gluten free recipe is simple to make. So you won't have to put in a lot of effort because we know that you are tired of spending so much time in the kitchen.



Cooking Time: 30 min

Ingredients:

- 2 cups cooked turkey, cubed
- 2 cups frozen peas, thawed
- ½ cup frozen corn, thawed
- 1 “8-ounce” can sliced water chestnuts
- ½ green bell pepper, chopped
- ¼ cup onion, chopped
- 1 cup broccoli
- ½ cup sour cream
- ½ cup milk
- 1 tablespoon lemon juice
- ½ teaspoon thyme
- ½ teaspoon dried basil
- ½ teaspoon salt
- 1 cup shredded Cheddar cheese

Instructions:

1. Preheat oven to 350 degrees F.
2. Mix everything but the cheese.
3. Transfer to a 9 x 13- inch casserole dish. Sprinkle cheese on top of casserole.
4. Bake for 30 minutes.

Nutritional Information:

Per Serving (237 g)

325 g Calories

13.6 g Total Fat

7.6 g Saturated Fat

26.9 g Total Carbohydrates

3.5 g Dietary Fiber

5.1 g Sugars

24.0 g Protein

German Cabbage Casserole

By: [Judith Hines for FaveHealthyRecipes](#)

You're going to fall in love with this Healthy German Cabbage Casserole. Every bite will be full of flavor, so we guarantee that this casserole will delight you and your family. Between the ground turkey (or ground beef) and veggies, this is a meal-in-one. You'll love that you won't have to stress over what else to include with this casserole recipe. Everyone will be calling for seconds of this healthy casserole. Luckily this recipe serves six, so there should be plenty to go around.



Serves: 6

Cooking Time: 40 min

Ingredients:

- 1 tablespoon vegetable oil
- 1 pound ground turkey or lean ground beef
- 1 cup chopped onion
- 1 tablespoon finely minced garlic
- 1 teaspoon caraway seeds
- 8 cups chopped cabbage
- 2 cups shredded Cheddar cheese
- ½ cup sour cream
- ½ teaspoon salt
- ¼ teaspoon fresh ground black pepper
- ½ cup breadcrumbs

Instructions:

1. Preheat the oven to 375 degrees F. Lightly spray an 8 x 12-inch baking dish with cooking spray.
2. In a large skillet, over medium high heat, place the oil and when it is hot add the onion and cook until translucent, about 3 minutes. Add garlic and caraway seed and continue to cook and stir for 2 more minutes.
3. Add the turkey or ground beef and cook until no longer pink, breaking up clumps of meat with the back of a spoon. Add the cabbage and cook, stirring, until cabbage is translucent, about 4 minutes.
4. Off the heat, add the cheese and sour cream, salt and pepper, stirring to combine evenly.
5. Pour into the prepared bake dish and sprinkle with breadcrumbs. Bake for 40 minutes or until lightly browned.

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Nutritional Information:

Per Serving (259 g)

430 Calories

27.7 g Total Fat

12.4 g Saturated Fat

15.7 g Total Carbohydrates

3.3 g Dietary Fiber

4.6 g Sugars

33.4 g Protein

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Breakfast Casserole Recipes

Everything You Want For Breakfast Casserole

By: [Christine from Apple of My Eye](#)

Make your morning special by sitting down at the table with a hearty breakfast on your plate. Everything You Want For Breakfast Casserole is truly everything you want. This breakfast casserole recipe is a delicious medley of scrambled eggs, vegetables, melted cheese, hash browns, and bacon. Even better, this incredible dish is made in a slow cooker. It is the perfect breakfast to make for the weekend or prepare it ahead of time and have a healthy and balanced meal throughout the week.



Serves: 8

Preparation Time: 15 min

Slow Cooker Time Low: 4 hr

Ingredients:

- 8 eggs
- 4 egg whites
- $\frac{3}{4}$ cup milk
- 2 teaspoon stone ground mustard
- $\frac{1}{2}$ teaspoon garlic salt
- 1 teaspoon salt
- $\frac{1}{2}$ teaspoon pepper
- 1 “30 ounce” bag frozen hash browns
- 4 strips cooked bacon (optional)
- $\frac{1}{2}$ onion, roughly chopped
- 2 bell peppers, roughly chopped
- 1 small head of broccoli, roughly chopped
- 6 ounces Cheddar cheese

Instructions:

1. In a medium-sized bowl, whisk together the whole eggs, egg whites, milk, mustard, garlic salt, and salt and pepper. Set aside.
2. Lightly grease the bottom of your slow cooker. Place half the hash browns on the bottom of your slow cooker. Layer with 2 strips of bacon, 1 bell pepper, $\frac{1}{2}$ the small head of broccoli, 3 ounces of cheese. Add the last half of the hash browns. Then top with the rest of your bacon, vegetables, and cheese. Pour all of the egg mixture on top.
3. Cover and cook for 4 hours on low.

Nutritional Information:

Per serving (311 g)

320 g Calories

13.2 g Total Fat

6.5 g Saturated Fat

29.6 g Total Carbohydrates

5.3 g Dietary Fiber

1.9 g Sugars

22.1 g Protein

Crustless Quiche Casserole

By: [Brooke Griffin from Skinny Mom](#)

Usually, when you think about chicken casserole recipes, you think cheesy, gooey chicken casseroles. Am I right? This Crustless Quiche Casserole is the healthier version of your other cheesy chicken casserole recipes. Along with chicken, this recipe also adds delicious vegetables in a beautiful arrangement, and protein-rich eggs to create an amazing one-pot meal for breakfast, lunch or dinner. This is even a fabulous recipe for holidays when make-ahead breakfast casseroles are a must!



Ingredients:

- 3 shallots, sliced
- 1½ tablespoon garlic, minced
- 2 teaspoon light butter
- Salt and pepper, to taste
- 8 ounce chicken breast, diced
- 1 cup fresh broccoli florets, chopped
- 1 cup zucchini, diced
- 1 cup yellow squash, diced
- 1 red bell pepper, diced
- 12 asparagus spears, chopped into 1-inch pieces
- ½ cup skim milk
- 5 eggs and 4 egg whites
- ¼ cup Parmesan cheese, grated

Instructions:

1. Preheat oven to 350 degrees F. In a small pan over medium-low heat, sauté shallots, garlic, and butter until soft, about 3 minutes.
2. Sprinkle chicken with salt and pepper to taste. Add chicken to pan with shallots and garlic and cook for an additional 8-10 minutes or until chicken is done and slightly browned.
3. Spray a 9-inch round deep casserole dish with cooking spray or mold parchment paper to dish shape for easy removal. Place all vegetables and chicken with shallots into the prepared dish.
4. Whisk together milk, eggs, and Parmesan cheese and pour over contents in the dish.
5. Bake for 20-30 minutes, or until eggs are set in the center but not brown.

Nutritional Information:

Per Serving (219 g)
181 g Calories
7 g Fat
10 g Carbohydrates
2 g Fiber
24 g Protein
2 g Sugars

Special Thanks

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Christine from Apple of My Eye

Dawn from First Look, Then Cook

Elizabeth from Frugal Mom eh!

Lisa from Panning the Globe



18 EASY AND HEALTHY CASSEROLE RECIPES FOR YOU

Make these casserole recipes to easily feed your family a wholesome and delicious meal for dinner without the extra calories.

