

# Ingredients



2 lbs boneless skinless chicken breasts  
8 oz cream cheese softened  
1/2 cup sour cream  
4 cloves garlic pressed  
1/4 tsp salt  
1/4 tsp ground black pepper  
1/2 cup mozzarella cheese  
1 cup freshly grated parmesan cheese  
divided into 2 half cups

## Low Carb Keto Garlic Parmesan Chicken



### Instructions

- Combine the softened cream cheese, sour cream, garlic, salt, pepper, and 1/2 cup of the parmesan cheese and mix well.
- Lay the chicken breasts flat in a large baking dish. Spread the cheese mixture over the chicken, then sprinkle the mozzarella cheese, and remaining 1/2 cup of the parmesan cheese over the top.
- Bake at 375°F for 25-35 minutes or until the chicken reaches an internal temperature of 165°F.
- Garnish with fresh parsley and serve warm with your favorite sides. Enjoy!

