



Cheddar Ranch Chicken & Broccoli Bake



1/4 of recipe: 300 calories, 11g total fat (5.5g sat. fat), 635mg sodium, 14g carbs, 3g fiber, 6g sugars, 35.5g protein

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Prep: 15 minutes **Cook:** 30 minutes

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Ingredients

4 1/2 cups roughly chopped broccoli
1/3 cup whipped cream cheese
1/2 cup shredded reduced-fat cheddar cheese, divided
1/4 cup cheddar cheese powder (like [the kind by Healthier Comforts](#))
2 tbsp. fat-free plain Greek yogurt
2 tsp. [ranch dressing/dip seasoning mix](#)
1/2 tsp. garlic powder
12 oz. cooked skinless chicken breast, cut into bite-sized pieces
1/2 cup finely chopped onion

Directions

Preheat oven to 375°F. Spray an 8" X 8" baking pan with nonstick spray.

Place broccoli in a large microwave-safe bowl with 1/2 cup water. Cover and microwave for 3 1/2 minutes, or until hot and tender.

Meanwhile, prepare the sauce. In a large bowl, combine cream cheese, 1/4 cup shredded cheese, cheese powder, yogurt, ranch seasoning, and garlic powder. Stir until mostly smooth and uniform.

Drain broccoli, and add it to the bowl of sauce. Add chicken and onion. Stir until well mixed and coated. Transfer mixture to the baking pan, and smooth out the surface.

Top with remaining 1/4 cup shredded cheese. Bake until entire dish is hot and cheese has melted, 20–25 minutes.

MAKES 4 SERVINGS

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