



Cheesy Chicken & Broccoli Mug



Entire recipe: 307 calories, 12.5g total fat (6.5g sat. fat), 618mg sodium, 12g carbs, 3.5g fiber, 5.5g sugars, 34g protein

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Prep: 5 minutes **Cook:** 5 minutes or less



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Ingredients

- 1 cup frozen broccoli florets
- 1/2 cup frozen riced cauliflower
- 3 tbsp. whipped cream cheese
- 2 tbsp. shredded reduced-fat cheddar cheese, divided
- 1/4 tsp. garlic powder
- 1/4 tsp. onion powder
- 1/8 tsp. salt
- 3 oz. cooked and chopped skinless chicken breast

Directions

Place broccoli and cauliflower in a large microwave-safe mug. Cover and microwave for 1 1/2 minutes, or until thawed.

Drain excess liquid. Add cream cheese, 1 tbsp. shredded cheese, garlic powder, onion powder, and salt. Mix until uniform.

Add chicken. Mix well. Microwave for 1 minute, or until hot.

Top with remaining 1 tbsp. shredded cheese. Microwave for 30 seconds, or until melted.

MAKES 1 SERVING

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