



Cheesy Chicken Broccoli & Cauliflower Rice Casserole



1/6th of recipe: 227 calories, 6.5g total fat (3g sat. fat), 386mg sodium, 14.5g carbs, 4.5g fiber, 5.5g sugars, 27.5g protein

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Prep: 25 minutes **Cook:** 50 minutes

Cool: 5 minutes



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Ingredients

5 cups roughly chopped cauliflower
1 lb. raw boneless skinless chicken breast cutlets, pounded to 1/2-inch thickness
1/4 tsp. each salt and black pepper
3 cups roughly chopped broccoli
1 cup chopped onion
1 cup chopped celery
1/4 tsp. garlic powder
3/4 cup fat-free milk
1 cup shredded reduced-fat cheddar cheese
1 tbsp. whole-wheat flour
2 wedges The Laughing Cow Light Creamy Swiss cheese

Directions

Preheat oven to 375 degrees. Spray a 9" X 13" (or similar size) baking pan with nonstick spray.

Pulse cauliflower in a blender until reduced to rice-sized pieces, working in batches as needed.

Bring an extra-large skillet sprayed with nonstick spray to medium heat. Season chicken with salt and pepper. Cook for about 4 minutes per side, until cooked through. Transfer to a cutting board.

Remove skillet from heat; clean, if needed. Re-spray, and return to medium heat. Add cauliflower pieces, broccoli, onion, and celery. Cook and stir until partially softened, 8 - 10 minutes. Transfer to a large bowl.

Chop chicken into bite-sized pieces, and add it to the large bowl. Add garlic powder, and mix well.

To make the sauce, in a nonstick pot, combine milk, cheddar cheese, flour, and cheese wedges, breaking the wedges into pieces as you add them. Set heat to medium low.

Stirring frequently, cook until smooth and uniform, about 4 minutes.

Add sauce to the large bowl. Stir well. Transfer mixture to the baking pan, and smooth out the top.

Bake until hot and bubbly, 20 - 25 minutes.

Let stand for 5 minutes before slicing.

MAKES 6 SERVINGS

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