



Chicken & Mushroom Cauli' Risotto Mug



Entire recipe: 261 calories, 9.5g total fat (4.5g sat. fat), 640mg sodium, 11g carbs, 4g fiber, 5g sugars, 32.5g protein

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



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Ingredients

- 1 cup frozen riced cauliflower
- 2 tbsp. whipped cream cheese
- 2 tsp. grated Parmesan cheese, divided
- 1/4 tsp. garlic powder
- 1/4 tsp. onion powder
- 1/8 tsp. salt ([truffle salt](#), if you've got it)
- 1/8 tsp. black pepper
- 3 oz. cooked and chopped skinless chicken breast
- 1/4 cup canned sliced mushrooms, drained and rinsed
- 1 tbsp. chopped scallions

Directions

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

Add cream cheese, 1 tsp. Parm, and seasonings. Mix until uniform.

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

Top with scallions and remaining 1 tsp. Parm.

MAKES 1 SERVING

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