



Chicken Pot Pie Casserole



1/6th of recipe: 189 calories, 4g total fat (1.5g sat. fat), 550mg sodium, 13.5g carbs, 2.5g fiber, 3.5g sugars, 22.5g protein

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Prep: 20 minutes **Cook:** 30 minutes



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Ingredients

- 1 lb. raw boneless skinless chicken breast, pounded to 1/2-inch thickness
- 1/2 tsp. salt
- 1/4 tsp. black pepper
- 2 1/2 cups roughly chopped cauliflower
- 1/4 cup whole-wheat panko breadcrumbs
- 2 tbsp. grated Parmesan cheese
- 1 1/2 tsp. chopped garlic
- 3 cups frozen petite mixed vegetables
- 1 cup fat-free or nearly fat-free chicken or turkey gravy
- 1/4 cup shredded reduced-fat cheddar cheese

Directions

Preheat oven to 400 degrees. Spray an 8" X 8" baking pan with nonstick spray.

Bring an extra-large skillet sprayed with nonstick spray to medium heat. Season chicken with 1/4 tsp. salt and 1/8 tsp. pepper. Cook for about 4 minutes per side, until cooked through.

Meanwhile, place cauliflower in a medium-large microwave-safe bowl. Add 1/4 cup water. Cover and microwave for 6 minutes, or until soft.

While the chicken and cauliflower are cooking, in a medium bowl, combine breadcrumbs, Parm, and remaining 1/4 tsp. salt and 1/8 tsp. pepper. Mix well.

Chop chicken, and transfer to a large bowl.

Drain excess water from cauliflower, and transfer to a blender. Add garlic, and pulse until smooth.

Add cauliflower puree to the bowl of chicken. Add frozen veggies, gravy, and cheddar cheese. Mix thoroughly.

Transfer mixture to the baking pan, and smooth out the surface.

Sprinkle with breadcrumb mixture.

Bake until filling is hot and bubbly and topping is golden brown, about 20 minutes.

MAKES 6 SERVINGS

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