



Jalapeño Popper Chicken Casserole



1/6th of recipe: 254 calories, 12.5g total fat (7g sat. fat), 674mg sodium, 8.5g carbs, 2g fiber, 3.5g sugars, 27.5g protein

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Prep: 15 minutes **Cook:** 45 minutes

Cool: 10 minutes

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Ingredients

4 cups riced cauliflower (or 5 cups roughly chopped cauliflower)
3/4 cup light/reduced-fat cream cheese, room temperature
3/4 cup shredded part-skim mozzarella cheese
1/4 cup grated Parmesan cheese
1 lb. raw boneless skinless chicken breast cut into bite-sized pieces
One 4-oz. can diced jalapeños, drained
Optional topping: jalapeño slices

Seasonings:

1 tsp. garlic powder
1 tsp. onion powder
1/2 tsp. salt
1/4 tsp. black pepper

Directions

Preheat oven to 375 degrees. Spray a 9" X 13" baking pan with nonstick spray.

If starting with roughly chopped cauliflower, pulse in a blender until reduced to rice-sized pieces, working in batches as needed.

In a large bowl, combine cream cheese, 1/4 cup mozzarella, and 2 tbsp. Parm. Stir until uniform. Add riced cauliflower and chicken, and sprinkle with seasonings. Mix well.

Fold in jalapeños. Transfer mixture to the baking pan, and smooth out the top.

Top with remaining 1/2 cup mozzarella and 2 tbsp. Parm. Cover with foil, and bake for 20 minutes.

Remove foil. Bake until chicken is cooked through and cauliflower is tender, 20 - 25 more minutes.

Let cool for 10 minutes before slicing.

MAKES 6 SERVINGS

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