



Low-Carb Chicken Alfredo Bake



1/4 of recipe: 264 calories, 11g total fat (5.5g sat. fat), 619mg sodium, 12.5g carbs, 2.5g fiber, 4.5g sugars, 30.5g protein

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Prep: 10 minutes **Cook:** 35 minutes



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Ingredients

2 cups roughly chopped broccoli
2 cups roughly chopped cauliflower
1/2 cup whipped cream cheese
1/4 cup grated Parmesan cheese
1/4 cup light sour cream
1/2 tsp. garlic powder
1/2 tsp. salt
1/4 tsp. black pepper
10 oz. cooked skinless chicken breast, cut into bite-sized pieces
1/4 cup panko bread crumbs
Optional topping: chopped chives, fresh basil

Directions

Preheat oven to 375°F. Spray an 8" X 8" baking pan with nonstick spray.

Place broccoli and cauliflower in a large microwave-safe bowl. Add 1/3 cup water. Cover and microwave for 4 minutes, or until tender.

In a second large bowl, combine cream cheese, Parm, sour cream, garlic powder, salt, and pepper. Mix until uniform.

Add cooked veggies to the second large bowl, draining any excess water. Add chicken. Thoroughly stir to coat.

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

Bake until hot and bubbly, about 25 minutes.

Set oven to broil.

Top with bread crumbs. Spray lightly with nonstick spray. Broil until crispy, 1-2 minutes.

MAKES 4 SERVINGS

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