



Mac 'n Cheese Style Chicken Casserole



1/4 of recipe: 239 calories, 10.5g total fat (5.5g sat. fat), 500mg sodium, 12g carbs, 3g fiber, 6.5g sugars, 24g protein

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Prep: 15 minutes **Cook:** 20 minutes



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Ingredients

5 cups roughly chopped cauliflower (about 1 large head)
1/3 cup whipped cream cheese
1/4 cup cheddar cheese powder (like [the kind by Hoosier Hill Farm](#))
2 tbsp. light sour cream
1 tbsp. light butter
1/4 tsp. garlic powder
1/4 tsp. onion powder
8 oz. cooked and chopped skinless chicken breast
1/4 cup shredded reduced-fat cheddar cheese
2 tbsp. chopped scallions

Directions

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

Place cauliflower in a large microwave-safe bowl with 1/3 cup water. Cover and microwave for 5 minutes, or until hot and tender.

Meanwhile, prepare sauce. In a large bowl, combine cream cheese, cheese powder, sour cream, butter, garlic powder, and onion powder. Stir until mostly smooth and uniform.

Drain cauliflower, and add it to the bowl of sauce. Add chicken, and thoroughly stir to mix and coat.

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

Top with shredded cheese. Bake until casserole is hot and cheese has melted, about 15 minutes.

Serve topped with scallions.

MAKES 4 SERVINGS

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