



## Spinach & Artichoke Chicken Bake



1/4 of recipe: 374 calories, 13g total fat (7g sat. fat), 965mg sodium, 23.5g carbs, 7g fiber, 7g sugars, 40g protein

[Click for WW Points® value\\*](#)

**Prep:** 25 minutes    **Cook:** 1 hour

More: [Lunch & Dinner Recipes](#), [Four or More Servings](#)



### Ingredients

3/4 cup whipped cream cheese  
1/2 cup shredded part-skim mozzarella cheese  
2 tbsp. grated Parmesan cheese, or more for topping  
1 tbsp. chopped garlic  
2 tsp. garlic powder  
2 tsp. onion powder  
1/4 tsp. salt, divided  
4 cups frozen riced cauliflower, thawed and squeezed dry  
3 1/2 cups frozen chopped spinach, thawed and squeezed dry  
One 14-oz. can (about 1 1/2 cups) artichoke hearts, drained and chopped  
1 lb. raw boneless skinless chicken breast, cut into bite-sized pieces  
1/4 tsp. black pepper  
1/4 cup panko breadcrumbs

### Directions

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

In a large bowl, combine cream cheese, mozzarella, Parm, garlic, garlic powder, onion powder, and 1/8 tsp. salt. Mix well. Add riced cauliflower, spinach, and chopped artichoke hearts. Stir to combine.

Transfer half of the mixture to the baking pan, and smooth into an even layer. Add chicken in an even layer, and season with pepper and remaining 1/8 tsp. salt. Layer remaining spinach-artichoke mixture over the chicken, and smooth out the top.

Cover with foil, and bake for 30 minutes, or until hot and bubbly.

Remove foil, and top with breadcrumbs. Bake until chicken is cooked through and crumbs have browned, about 30 minutes.

MAKES 4 SERVINGS

**HG Tip:** Know you're going to make this tomorrow? Let the frozen veggies thaw overnight in the fridge so they're ready to use!

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

\*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.

