

Cheesy Chicken Broccoli "Rice" Casserole – THM S

Ingredients

- 2 cups cooked shredded chicken ((I used 2 12.5oz cans of chicken))
- 2 10 oz bags frozen riced cauliflower ((I used one plain and one blend of cauli, carrots & peas))
- 1-2 bags Trim Healthy Rice (optional)
- 1 10 oz bag frozen broccoli cuts
- 1/2 cup chicken broth
- 1/2 cup mayo
- 1 cup Greek yogurt
- 1/2 tsp mineral salt
- 1/2 tsp black pepper
- 1 tsp garlic powder
- 1 tbsp nutritional yeast
- 1/2 tsp glucomannan
- 8 oz shredded cheese (I used colby jack)

Instructions

1. Preheat oven to 350 degrees.
2. Spray a 9×13 pan with non-stick cooking spray.
3. Mix together the riced cauliflower and Trim Healthy Rice (if using) and spread evenly in the bottom of the baking pan.
4. Add frozen broccoli and chicken to the baking pan on top of the rice mixture.

5. Whisk together broth, mayo, yogurt, spices and glucomannan to make a sauce.
6. Pour sauce evenly over the meat and veggies.
7. Top casserole with shredded cheese.
8. Bake at 350 degrees for 45 minutes. Check at 30 minutes to make sure it is not getting too brown. You may need to cover it with foil for the last 15 minutes to prevent over-browning.

The long bake time on this recipe is necessary due to starting with frozen vegetables. At 30 minutes the veggies were still too crunchy. You could speed up the cooking process by thawing the frozen veggies first.

This casserole can also be made with ground beef or ground turkey.