

Green Chicken Enchilada Cauliflower Casserole



Serves 6

Ingredients:

- 20 ounces frozen cauliflower florets (about 4 cups)
- 4 ounces cream cheese, softened
- 2 cups cooked chicken, shredded
- $\frac{1}{2}$ cup Salsa Verde
- $\frac{1}{2}$ teaspoon kosher salt
- $\frac{1}{8}$ teaspoon ground black pepper
- 1 cup shredded sharp cheddar cheese

Adapted from IBreathemHungry.com

- 1/4 cup sour cream
- 1 tablespoon chopped fresh cilantro (optional)

Instructions:

1. Pre-heat oven to 375°F.
2. Place cauliflower in a microwave safe dish and cook for 10-12 minutes or until fork tender.
3. Add the cream cheese and microwave for another 30 seconds. Stir.
4. Add the chicken, salsa verde, salt, pepper, cheddar cheese, sour cream, and cilantro. Stir.
5. Bake in an oven-proof casserole dish for 20 minutes. Alternatively, you may microwave on high for 10 minutes. Serve hot.

Nutrition per serving: Calories 260; Total Fat 17.1 g; Saturated Fat 9.0 g; Monounsaturated Fat 4.4 g; Polyunsaturated Fat 1.2 g; Total Carbohydrates 5.6 g; Dietary Fiber 2.6 g; Sugar Alcohols 0.1 g; Sugars 2.3 g; Protein 21.3 g; Sodium 561 mg