

Broccoli Cauliflower Rice Chicken Bake

Ingredients:

- 2 cups frozen cauliflower rice
- 2 cups frozen broccoli floret
- 1 cups chicken, cooked, diced
- 1 green onion, diced
- 1 10.5 ounce can fat free cream of chicken soup
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/2 cup shredded sharp cheddar cheese



Directions:

1. Preheat oven to 400°F.
2. Mix cauliflower rice, broccoli, chicken, green onion, soup, garlic powder, onion and powder in a large bowl. Stir well to combine.
3. Add mixture to a baking dish, cover with aluminum foil.
4. Bake for 40 minutes.
5. Uncover then top with cheddar.
6. Return to oven to melt cheese
7. Enjoy!