



Cheesy Chicken Cauliflower Casserole

SERVING: 1 SQUARE
YIELD: 6

PREP TIME: 10 MIN
TOTAL TIME: 30 MIN

Ingredients

- Non-stick cooking spray
- 1/2 pound Chicken Breast, boneless, skinless
- 1 tsp Poultry Seasoning
- 1/4 tsp Ginger Powder
- 1/4 tsp Pepper
- 1 -1/2 cups Plain Non-fat Greek Yogurt
- 1 -1/2 cups Shredded Cheddar Cheese, divided
- 1/2 cup Tortilla Chips, crushed
- 1 tsp Chili Powder
- 1 tsp Garlic Powder
- 1/4 tsp Salt
- 1 pkg Cauliflower Florets, chopped
- 1 large Red Bell Pepper, chopped

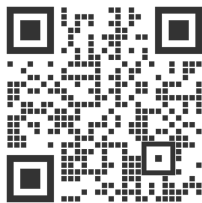
Directions

1. Preheat oven to 400° F. Lightly coat a medium baking dish with cooking spray.
2. Heat a skillet over medium heat and coat with cooking spray. In a small bowl, combine poultry seasoning and ginger and coat chicken. Add chicken to skillet and cook thoroughly (no pink).
3. Chop cauliflower into smaller pieces and bell pepper.
4. Transfer chicken to cutting board and cut into four pieces. Using a fork, shred chicken.
5. In a large bowl combine yogurt, 1 cup cheddar cheese, tortilla chips, chili powder & garlic powder. Stir in cooked chicken, cauliflower & bell pepper. Transfer to the baking dish & spread evenly. Top with remaining cheese. Bake 20-25 minutes, uncovered, or until heated through. Enjoy!

Nutrition Facts	
6 servings per container	
Serving size 1 Square (0.0g)	
Amount Per Serving	
Calories	220
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 340mg	15%
Total Carbohydrate 12g	4%
Dietary Fiber 2g	7%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 23g	
Vitamin D 0mcg	0%
Calcium 280mg	20%
Iron 0.7mg	4%
Potassium 330mg	6%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

*Recipe adapted from
getfreshcooking.com

*Cost information includes
lower cost ingredients
found at local grocery
store 10/19/22.



Cost Per Recipe	Cost Per Serving
\$10.59	\$1.77

12 Great Ways to Use...

Cauliflower

Cauliflower is an amazingly versatile ingredient! It joins the plate as a legitimate vegetable, but can also stand in as a substitute for starchy foods like potatoes and rice. Its mild flavor makes cauliflower easy to incorporate into a wide range of dishes, meaning you can introduce extra fiber, vitamins, and antioxidants to the dinner table. Although the white variety is the most well-known, cauliflower can also be orange, green, or purple.

- 1.** Toss cauliflower florets in olive oil, salt, and pepper and roast at 400°F for 25-30 minutes in a single layer on a baking sheet until tender and golden brown.
- 2.** Add roasted cauliflower to salads, quinoa, or rice dishes.
- 3.** Serve mashed cauliflower. Steam florets until tender, then puree them with milk, a drizzle of olive oil, and salt and pepper to taste.
- 4.** Add lightly steamed florets to a favorite macaroni and cheese recipe to add fiber and nutrients.
- 5.** Cook florets in chicken or vegetable stock with herbs, onion, celery, garlic, and carrots, then puree for a thick, satisfying soup.
- 6.** Toss roasted florets in your favorite vinaigrette, add olives, capers, and grape tomatoes for an easy side dish.
- 7.** Make the classic Indian dish aloo gobi by cooking florets and cubes of potato with turmeric, garlic, ginger, coriander, and cumin.
- 8.** Substitute pureed cooked cauliflower for some or all of the cream in your favorite creamy soups to lighten them up and add fiber and other nutrients.
- 9.** Dip slices of cauliflower in an egg wash and dredge in seasoned whole-grain panko breadcrumbs. Bake at 400°F for 25-30 minutes or until the cauliflower is cooked through and the coating is crisp.
- 10.** Pickle florets in a vinegar brine. Add hot peppers for spice in a giardiniera style pickle.
- 11.** Make cauliflower “rice” by running florets through the food processor until the pieces are about the same size as grains of rice. Spread the cauliflower out in a thin layer on a baking sheet and bake at 425°F for 7 minutes, toss, and bake for another 7 minutes. Season to taste and serve with stews, curries, or other dishes you normally serve with rice.
- 12.** Blend roasted cauliflower with Greek yogurt and season to taste with smoked paprika and garlic powder to make a healthy dip. Chill for an hour and serve with fresh veggies.



Learn more about healthy food choices at www.oldwayspt.org.