

# Cheesy Chicken Broccoli and “Rice” Casserole ~ THM S

Sometimes you just need a comforting casserole for dinner. But casseroles don't have to be waist-line increasing, fat/carb combinations that leave you feeling bloated and miserable. They can be incredibly satisfying, health promoting meals and they are a great way to get in lots of veggies when you just aren't in the mood for a salad.

This particular casserole, as written, incorporates both cauliflower and broccoli. You could easily add more. Green beans and/or mushrooms would be a great addition. You could even add in “hidden” okra if you wanted to blend it into the sauce!

I kept it simple for this go around, but this recipe just begs for personalization. You can change up the spices, veggies or meat. I kept this recipe relatively light. You could lighten it even further by using all Greek yogurt and no mayo. Or you could make it more indulgent by using sour cream in place of Greek yogurt. The possibilities go on and on.

## What you will need:

- cooked shredded chicken (I used cans of chicken)
- frozen riced cauliflower (I used one plain and one blend of cauli, carrots & peas)
- [Trim Healthy Rice](#) (optional)
- frozen broccoli cuts

- chicken broth
- mayo
- Greek yogurt
- [mineral salt](#)
- black pepper
- garlic powder
- [nutritional yeast](#)
- [glucomannan](#)
- shredded cheese (I used Colby Jack)

## Cheesy Chicken Broccoli "Rice" Casserole – THM S



- 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))

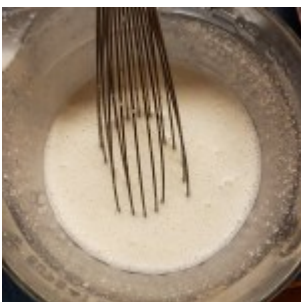
1. Preheat oven to 350 degrees.
2. Spray a 9×13 pan with non-stick cooking spray.
3. Mix together the riced cauliflower and Trim Healthy Rice (if using) and spread evenly in the bottom of the baking pan.



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 30 minutes or until cheese is melted and starting to brown and sauce is bubbling.

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

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