

SPINACH AND ARTICHOKE CASSEROLE WITH CHICKEN AND CAULIFLOWER RICE

Preparation: 10 minutes | Cooking: 55 minutes | Servings: 4

INGREDIENTS

1 pound boneless, skinless chicken breast, cut into bitesize pieces
2 cloves garlic, minced
1 (14 ounce) can artichoke hearts, rinsed and chopped
4 ounces reduced fat cream cheese
4 cups fresh or frozen cauliflower rice
3 cups coarsely chopped fresh spinach
1 cup shredded dill
Havarti cheese

1 tablespoon extra-virgin olive oil
1 tablespoon chopped fresh dill
¼ teaspoon salt
¼ teaspoon ground pepper



INSTRUCTIONS

Preheat oven to 375 degrees Fahrenheit. Lightly coat a 9-by-13-inch baking dish with cooking spray. Heat oil in a large pot over medium heat. Add chicken, sprinkle with salt and pepper, and cook, stirring, until opaque on all sides, about 8 minutes. Add garlic and cook, stirring, for 1 minute. Remove from heat. Pat artichokes dry. Add to the pot along with cauliflower rice, spinach, cream cheese and ½ cup dill Havarti. Mix until the cream cheese is melted. Transfer the mixture to the prepared baking dish, and sprinkle with the remaining ½ cup dill Havarti. Bake until the cheese is melted, about 20 minutes. Remove from oven and let stand for 5 minutes. Sprinkle with dill before serving.