



cheesy chicken cauliflower SKILLET

ingredients

- 1 1/2 CUPS [4 OZ.] SLICED MUSHROOMS
- 1 - 12 OZ BAG OF FROZEN RICED CAULIFLOWER
- 2 CLOVES GARLIC, MINCED
- 2 TSP OLIVE OIL
- 1/2 CUP CHICKEN BROTH
- 1 12-OZ CAN SHREDDED CHICKEN BREAST DRAINED or 12 oz of chopped rotisserie chicken - white meat
- 8 OZ REDUCE-FAT SHREDDED MOZZARELLA CHEESE
- 1/2 TSP DRIED OREGANO
- 2 SCALLIONS, CHOPPED

directions

1. COOK MUSHROOMS, CAULIFLOWER , AND GARLIN IN OIL FOR 3 TO 4 MINUTES. POUR IN BROTH, AND BRING TO A BOIL
2. ADD CHICKEN, REDUCE HEAT, AND SIMMER FOR 4 TO 5 MINUTES OR UNTIL VEGETALES ARE TENDER AND CHICKEN IS HEATED THROUGH. STIR IN MOZZARELLA AND OREGANO; TOP WITH SCALLIONS

MAKES 4 SERVINGS

TIME: 20 MINUTES

TOTAL HEALTH PLAN MEMBERS

1LEAN |3 GREEN| 1 CONDIMENT

THANK YOU FOR REQUESTING THE CHEESY CHICKEN CAULIFLOWER SKILLET RECIPE
IF YOU LIKE THIS RECIPE YOU WILL ABSOLUTELY

♥ LOVE THE TOTAL HEALTH PROGRAM I AM FOLLOWING.

I AM ACHIEVING RESULTS LIKE NEVER BEFORE!!

FOR MORE PROGRAM INFO TEXT 412-861-0007 OR EMAIL [KIRSTEN@MOVEWITHMACK.COM](mailto:kirsten@movewithmack.com)

