



FARM FRESH IN SEPTEMBER

BROCCOLI & CAULIFLOWER-RICE CHICKEN CASSEROLE

INGREDIENTS:

- 2 pounds skinless boneless farm-fresh chicken breasts
- 1 Tbsp olive oil
- 1 head of fresh cauliflower
- 1 head of fresh broccoli, cut up
- 2 large cage-free eggs, whisked
- 4 cups shredded mozzarella cheese
- 2 tsp coarse sea salt
- 2 tsp garlic powder
- 2 tsp onion powder
- 2 Tbsp butter, melted



INSTRUCTIONS:

1. Preheat oven to 400°F. Drizzle baking dish with olive oil. Set aside.
2. Slice chicken breasts into thin strips, lightly coat in olive oil and place on baking sheet. Salt and pepper to taste.
Bake 20 minutes.
3. Rice head of cauliflower by grating on large cheese grater.
4. Remove chicken from oven, let cool for 5 minutes. Chop baked chicken into bite-sized pieces.
5. In a large bowl, add cauliflower rice, broccoli, chicken, eggs, 3 cups mozzarella cheese, salt, garlic powder, onion powder and butter. Toss together until fully combined.
6. Transfer casserole mixture to the baking dish and top with remaining cup mozzarella cheese. Bake for 50 minutes, until the cheese on top has fully melted and started to brown. Let cool 10 minutes before serving.

Serves 8