BATCH 22 / RECIPE 23 / R-0552

Shredded Chicken Casserole Recipes

A vegetable-rich bake with cauliflower, spinach and a lightly creamy cheese sauce. Steam and dry the cauliflower first so the filling stays thick.



PREP 15 min **COOK** 35 min **REST** 5 min **YIELD** 6 servings **LEVEL** Easy

INGREDIENTS

- 3 cups (420 g) cooked shredded chicken
- 1 medium cauliflower (600 g), cut into small florets
- 4 cups (120 g) baby spinach
- 1 tbsp (15 ml) olive oil
- 2 garlic cloves (6 g), minced
- 1 tbsp (8 g) all-purpose flour
- 1 cup (240 ml) milk
- 1/2 cup (120 ml) low-sodium chicken broth
- 1/2 cup (120 g) softened cream cheese
- 3/4 cup (85 g) grated vegetarian Cheddar
- 1/4 tsp (1.5 g) fine salt
- 1/4 tsp (0.5 g) black pepper

METHOD

01 Heat oven to 375 F (190 C). Steam cauliflower 5 minutes until just tender; drain and pat dry.

02 Heat oil in a saucepan. Stir garlic 30 seconds, then flour 1 minute. Whisk in milk and broth; simmer until lightly thickened.

03 Add cream cheese and stir smooth. Wilt spinach in the sauce; season with salt and pepper.

04 Fold sauce with chicken and cauliflower in a 9 x 13-inch (23 x 33 cm) baking dish. Scatter Cheddar on top.

05 Bake 25 minutes or until the center reaches 165 F (74 C). Rest 5 minutes before serving.

COOKING NOTE
Drain cauliflower well after steaming and again before assembly. Start with cooked chicken; browned topping alone does not prove the center is hot.

EASY VARIATION
Use the same weight of lightly steamed broccoli in place of cauliflower.

STORE
Refrigerate shallow covered portions within 2 hours (1 hour above 90 F/32 C). Keep at 40 F/4 C or colder and use within 3-4 days.

FREEZE & REHEAT
Freeze airtight portions up to 2 months for best quality; thaw in the refrigerator before reheating. Reheat covered in a 350 F (175 C) oven or microwave until the center reaches 165 F (74 C).