

Creamy Chicken Casserole

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Recipe adapted from Becca Nerkowski. Serves 4, 3 FSP per serving

- 1 pound boneless, skinless chicken breasts, cooked and shredded
- 3/4 cup 1% fat cottage cheese
- 1/4 cup fat free plain Greek yogurt
- 1 tsp onion powder
- 1 tsp garlic powder
- salt and pepper to taste
- 2 tsp dried parsley
- 1 tsp dill
- 4 slices center cut bacon, cooked and crumbled
- 4 oz Cabot 75 Lite cheese, shredded

1. Preheat oven to 350.
2. Combine the cottage cheese, greek yogurt and seasonings in a blender and blend until smooth.
3. In a bowl, mix together chicken and cottage cheese sauce. Add in bacon.
4. Pour in a casserole dish. Top with shredded cheese
5. Bake at 350 for 20-25 minutes or until heated through and cheese is melted.

Main Course
Casserole

chicken