



CHICKEN & CAULIFLOWER RICE CASSEROLE Intermediate Lifestyle

INGREDIENTS

6 bone-in chicken thighs, trimmed and patted dry (about 1.75 pounds)
1-1/2 TSP kosher salt, divided
1 TSP ground black pepper, divided
1/2 TSP paprika
1 TBS canola oil
24 ounces cauliflower rice
1/2 cup whole milk
4 ounces (8 TBS) gruyere cheese, shredded
2 ounces (4 TBS) parmesan cheese, grated
3 TBS chopped fresh flat-leaf parsley, divided
1-1/2 TBS chopped fresh tarragon, divided
1-1/2 TBS chopped fresh thyme, divided

INSTRUCTIONS

—Preheat oven to 375°

—Sprinkle chicken with 1/2 TSP salt, 1/2 TSP pepper and paprika. Heat oil in a large skillet over medium-high heat. Add chicken, skin side down, to pan; cook 5-6 minutes or until skin is very crispy. Turn chicken over and cook 1 minute. Remove from pan.

—Combine cauliflower, remaining 1 tsp salt, remaining 1/2 tsp pepper, milk, cheeses, 2 TBS parsley, 1 TBS tarragon and 1 TBS thyme in a medium bowl, stirring to combine. Add cauliflower mixture to a 2-quart baking dish. Nestle chicken into cauliflower mixture with skin side up. Bake at 375° for 45-50 minutes or until chicken is done. Sprinkle with remaining 1 TBS parsley, 1/2 TBS tarragon and 1/2 TBS thyme.)

SERVING INFO: (Serves 6)

1 chicken thigh + 3/4 cup cauliflower = 1 P, 1 M, 2 V

See photo of recipe at [Instagram](#) and [Facebook](#).