

Cheesy Italian Turkey Cauliflower Rice Casserole

Prep Time: 15 Min Cook Time: 25 Min Total Time: 40 Min



SERVINGS: 6

Nutritional Facts

Serving Size: 1 large slice

Amount Per Serving

Calories 281 Calories from Fat 133

% Daily Value*

Total Fat 15g 23%

Saturated Fat 5g 26%

Monounsaturated Fat 1g 0%

Polyunsaturated Fat 0g 0%

Cholesterol 74mg 25%

Sodium 466mg 20%

Total Carbohydrate 12g 4%

Dietary Fiber 4g 14%

Sugars 6g

Protein 25g

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

The Nutritional Values provided are estimates only and may vary based on the preparation method.

Ingredients

- 1 tbsp olive oil
- 1 cup onion, diced
- 3 garlic cloves, minced
- 1 lbs 93% lean ground turkey
- 2 tsp Italian seasoning
- Salt and pepper
- 4 cup baby spinach
- 14 oz canned fire roasted diced tomatoes (drained well)
- 10 oz cauliflower rice (cooked)
- 1/2 cup plain nonfat Greek yogurt
- 1/4 cup light cream cheese
- 4 tbsp parmesan cheese
- 1 cup part skim shredded mozzarella cheese

Directions

- 1 Preheat the oven to 375 degrees. Heat the olive oil over medium-high heat in a large skillet. Add the onion and cook for 3-4 minutes until beginning to soften. Add the garlic and cook for 30-60 seconds until fragrant. Add the ground turkey, Italian seasoning, salt, and pepper. Cook for 6-8 minutes until turkey is fully cooked, breaking it up as it cooks. Add the spinach and tomatoes to the pan and cook for 1-2 minutes until wilted. Drain any excess liquid from the pan. The more liquid you drain, the less watery the casserole will be.
- 2 Spray a 9 X 13 casserole dish with cooking spray. Gently warm the cauliflower rice in the microwave. Combine warm cauliflower rice with Greek yogurt, cream cheese, and parmesan cheese in the bottom of the dish. The cream cheese should melt into the warmed rice.
- 3 Stir in the turkey mixture. Top everything with shredded cheese.
- 4 Bake for 20-25 minutes until the cheese is melted and bubbly. Do not cover with foil. Let stand for at least 5 minutes before serving. This helps everything to firm up.

Notes

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WeightWatchers® Points

Points are calculated by Slender Kitchen. Not endorsed by WW International Inc.

