

Cheesy Microwave Chicken, Broccoli, and Cauliflower

submitted by sugar_candy_addiction



Per serving: 303 Calories • 2.6g Carbs (0.6g Fiber) • 16.7g Fat • 34.4g Protein

Ingredients

Ingredients scaled to: 1 serving

- 1/2 breast, bone removed **Chicken breast** (145 grams)
- 1/4 cup chopped, (1/2" pieces) **Cauliflower** (26.8 grams)
- 1/4 cup flowerets **Broccoli** (17.8 grams)
- 1/8 cup, shredded **Mozzarella cheese** (14 grams)
- 1 dash **Salt** (0.40 grams)
- 1 dash **Pepper** (0.10 grams)

Directions

Directions are based on the original recipe of 1 serving

1. Dice chicken breast. Place cauliflower, broccoli, and chicken in a microwave safe container. Microwave for 4-5 minutes or until chicken is fully cooked and the vegetables are tender.
2. Sprinkle cheese on top. Microwave for an additional 1-2 minutes or until cheese is melted.
3. Season with salt and pepper and serve. Enjoy!