BREAKFAST

TATER TOT CASSEROLE

Ingredients

- 3 cans of kirkland seasoned chicken breast or 850g cooked chicken breast
- 455 grams 0% Greek yogurt (2 cups)
- 2 tbsp hidden valley ranch powder
- 100g shredded cheese (about 3/4 cup)
- 1 can low fat cream of chicken soup (284 ml)
- 550g frozen tater tots (I used McCain)
- 1 bag (340g) compliments herb and onion cauliflower rice (or regular rice, just add some extra garlic/salt/pepper)
- 5 slices cooked bacon (I used Costco pre cooked)
- 1/2 tsp garlic salt, dill, onion powder

Directions

preheat oven to 350 degrees
in a large bowl mix together thoroughly the greek yogurt, hidden valley, seasoning, soup, and cheese.
add in chunk canned chicken breast (drained)
add in frozen tots and microwaved Cauli rice (microwave for 4 mins prior to adding)
mix together then transfer to a sprayed large casserole dish
chop cooked bacon and add on top
cook for 55-65 mins or until top is golden brown, let sit for a few minutes before serving.
enjoy!

Nutrition Value

340 cals/serving: 32 protein, 21 carbs, 2.1 fiber, 14.5 fats -
Serving Size 275g (Recipe makes 8 servings)
To track this recipe on My Fitness Pal search: YQL Tator Tot Casserole

YQL NUTRITION Your Quality Life