

Keto- Friendly Cheesy Broccoli Casserole

Full Recipe -- www.thisnthatwitholivia.com/cheesy-broccoli-casserole

Ingredients:

10 oz package of Birds Eye Steamfresh Riced Cauliflower (or comparable)
2 C. steamed broccoli florets
1 1/4 C. heavy cream or Half & Half
1 1/2 C. shredded cheddar cheese
2 tbsp. butter
2 tsp. minced garlic
salt & pepper to taste

Directions:

Preheat the oven to 350 degrees.
Heat the riced cauliflower according to package directions.
Heat the butter in a small saucepan along with the garlic. Pour in the cream/Half & Half and bring to a boil.
Reduce the heat and then add in the shredded cheese and stir until melted.
Combine the riced cauliflower, cheese sauce and broccoli florets.
Add salt & pepper to taste.
Pour the casserole into an 8x8 baking dish.
Bake for 15-20 minutes or until heated through.