

# Recipe: BUFFALO CHICKEN CASSEROLE

## INGREDIENTS

4 c riced cauliflower  
1 ½ c diced carrots  
1 ½ c diced celery  
½ onion diced  
1lb shredded cooked chicken  
1 c mayo  
1 c red hot sauce  
1 tsp salt  
¼ tsp black pepper

## PREPARATION

Preheat oven to 375°F. Combine riced cauliflower, carrots, celery, onion, salt, pepper and chicken in a casserole dish and mix well. In a separate bowl, combine the mayo and hot sauce well. Pour the sauce over the casserole and to stir to combine, coating everything well. Bake covered from 45 minutes, then uncover and bake 15 minutes more. Serve topped with homemade ranch, diced avocado or bacon.

YIELDS 8 SERVINGS  
*recipe from paleoscaleo.com*

  
Baton Rouge General  
**Fit!**