 **Twice Baked Cauliflower**

*Serves 4*

**Ingredients**

1 head cauliflower

1 cup cottage cheese

½ cup greek yogurt

1 cup cheddar cheese, shredded

½ cup minced green onions

6 slices bacon

8oz shredded chicken

½ cup low sugar barbecue sauce or other sauce, if desired

Salt and Pepper

Garlic powder

**Directions**

1. Preheat oven to 350 degrees F.
2. Cut up the cauliflower into small florets and remove the stems and core. Boil or steam the cauliflower until tender, about 10-15 minutes. Transfer to a bowl and mash until mostly smooth.
3. In a separate bowl, mix together the cottage cheese, greek yogurt, 4 slices of cooked and chopped bacon, and half the green onions.
4. Add the cottage cheese mixture to the cauliflower and mix well. Season with salt, pepper, and garlic powder to taste.
5. Transfer cauliflower mixture to a baking dish and top with cheddar cheese. Bake for 15-20 minutes.
6. Scoop ¼ of cauliflower into a bowl and top with 2oz of shredded chicken, green onions, bacon, and any sauce desired.

**Nutrition**

*350 cals, 10g C, 39g P, 17g F*