

## LANA'S FAUX KFC BOWL

### Ingredients

- . 1 patty of Morningstar Farms® Roasted Herb Chik'n made with Organic Soy
- . 1 c. peeled and cubed butternut squash
- . ¼ c. water
- . ¼ c. fat free chicken gravy, heated
- . 1 oz. skim milk
- . 2 Tbsp. shredded fat free cheddar cheese
- . 2 Tbsp. canned sweet corn kernels, heated
- . 1/8 tsp. salt
- . 1/8 tsp. pepper

### Directions

1. In a covered dish, microwave butternut squash pieces with ¼ c. water for 4-6 minutes or until tender
2. Drain excess water and then mash squash with the milk
3. Season with salt and pepper
4. Place mashed squash in a medium bowl
5. Sprinkle corn over the squash
6. Prepare chicken-style patty according to package directions and cut into small pieces
7. Place patty pieces on top of corn-topped squash
8. Drizzle with fat free gravy
9. Top with shredded cheese, and enjoy!

Yields: 2 servings

Calories: 130

Fat: 1.5 g

Protein: 11 g

Carb: 20 g (4 g fiber)

## RECIPES



For eating well  
after bariatric  
surgery

We chose the non-breaded patty to get the calories and fat even lower. Lana says, this is much better than the KFC version with 740 calories and 35 grams of fat!

To view more recipes or submit your own, visit  
[www.mushealth.com/weightlossurgery](http://www.mushealth.com/weightlossurgery)

