

## Cauliflower Rice Bowl

**Makes 2 servings: Prep: 10 minutes.\* Cook: 15 min.**

4 Cups roughly chopped cauliflower  
1 cup shredded carrots, chopped  
2 tsp. chopped garlic  
Dash black pepper  
1 tsp. plus ¼ tsp. onion powder  
6 Tbsp. chopped scallions  
8 oz. raw boneless skinless chicken breast  
(cut into bite size pieces)  
½ tsp. garlic powder  
½ cup sliced water chestnuts, drained & chopped  
3 tbsp. thick teriyaki marinade or sauce  
1 tsp. sesame seeds



1. Pulse cauliflower in a blender until reduced to rice-sized pieces.
2. Bring a large skillet sprayed with nonstick spray to medium high heat. Add cauliflower, chopped carrots, chopped garlic, pepper and 1 tsp. onion powder. Cook and stir until softened, about 6 mins.
3. Clean skillet, if needed. Re-spray, and return to medium-high heat. Add chicken pieces, and sprinkle with garlic powder and remaining onion powder. Cook and stir for about 5 minutes, until chicken is fully cooked.
4. Reduce heat to medium low. Add chopped water chestnuts, teriyaki sauce and 4 tsp. water. Cook and stir until hot and well mixed, about 1 minute.
5. Serve chicken over cauliflower rice. Top with remaining scallions and sprinkle with sesame seeds.

**Each serving** is 289 calories, 4.5g fat, 775 mg sodium, 31.5g carbs, 7g fiber, 13g sugars, 32g protein.

\*Shortcut, look for 3 cups premade cauliflower rice like Trader Joe's or Green Giant Fresh