



## Teriyaki Chicken Cauli' Rice Bowl



Entire recipe: 289 calories, 4.5g total fat (1g sat fat), 775mg sodium, 31.5g carbs, 7g fiber, 13g sugars, 32g protein

Freestyle™ [SmartPoints®](#) value 2\*

[SmartPoints®](#) value 4\*

**Prep:** 10 minutes    **Cook:** 15 minutes



### Ingredients

2 cups roughly chopped cauliflower (or HG Alternative)  
1/2 cup shredded carrots, chopped  
1 tsp. chopped garlic  
Dash black pepper  
1/2 tsp. plus 1/8 tsp. onion powder  
3 tbsp. chopped scallions  
4 oz. raw boneless skinless chicken breast, cut into bite-sized pieces  
1/8 tsp. garlic powder  
1/4 cup canned sliced water chestnuts, drained and chopped  
1 1/2 tbsp. thick teriyaki marinade or sauce  
1/2 tsp. sesame seeds

### Directions

Pulse cauliflower in a blender until reduced to rice-sized pieces.

Bring a large skillet sprayed with nonstick spray to medium-high heat. Add cauliflower, chopped carrots, chopped garlic, pepper, and 1/2 tsp. onion powder. Cook and stir until softened, about 6 minutes.

Remove skillet from heat, and stir in 2 tbsp. scallions. Transfer to a medium bowl, and cover to keep warm.

Clean skillet, if needed. Re-spray, and return to medium-high heat. Add chicken pieces, and sprinkle with garlic powder and remaining 1/8 tsp. onion powder. Cook and stir for about 5 minutes, until chicken is fully cooked.

Reduce heat to medium low. Add chopped water chestnuts, teriyaki sauce, and 2 tsp. water. Cook and stir until hot and well mixed, about 1 minute.

Serve chicken mixture over cauliflower rice. Top with remaining 1 tbsp. scallions, and sprinkle with sesame seeds.

MAKES 1 SERVING

**HG Alternative:** Instead of blending 2 cups of roughly chopped cauliflower into rice-sized pieces, use 1 1/2 cups premade cauliflower rice or crumbles, like the kinds by Trader Joe's and Green Giant.

[SmartPoints®](#) value\* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints®](#) values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

\*The [SmartPoints®](#) values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints®](#) trademark.