



Arroz Con Pollo, Por Favor



1/4th of recipe (1 chicken cutlet with about 1 1/4 cups veggies): 240 calories, 3.5g total fat (0.5g sat fat), 714mg sodium, 21g carbs, 6.5g fiber, 9.5g sugars, 31.5g protein

Green Plan [SmartPoints](#)® value 3*

Blue Plan (Freestyle™) [SmartPoints](#)® value 0*

Purple Plan [SmartPoints](#)® value 0*

Prep: 30 minutes **Cook:** 35 minutes



Tagged: [Lunch & Dinner Recipes](#), [Four or More Servings](#)

Ingredients

4 cups roughly chopped cauliflower (or *HG Alternative*)
1/2 tsp. oregano
1/4 tsp. turmeric
1/8 tsp. cayenne pepper
Four 4-oz. raw boneless skinless chicken breast cutlets
1/4 tsp. black pepper
1/8 tsp. paprika
3/4 tsp. salt
1 1/2 cups sliced red bell pepper
1 cup chopped onion
2 cups seeded and chopped tomatoes
1/2 cup chopped fresh cilantro
1 tbsp. chopped garlic
1 cup frozen peas
3/4 cup chicken broth
2 bay leaves
Optional seasonings: additional salt and black pepper

Directions

Pulse cauliflower in a blender until reduced to rice-sized pieces, working in batches as needed. Transfer to a large bowl. Sprinkle with oregano, turmeric, and cayenne pepper. Mix well.

Pound chicken to 1/2-inch thickness. Season with black pepper, paprika, and 1/4 tsp. salt. Bring a large pot sprayed with nonstick spray to medium heat. Cook chicken for about 4 minutes per side, until cooked through. Transfer chicken to a plate, and cover to keep warm.

Remove pot from heat; clean, if needed. Re-spray, and bring to medium-high heat. Add bell pepper and onion. Cook and stir until mostly softened, 6 - 8 minutes.

Add tomatoes, cilantro, garlic, and remaining 1/2 tsp. salt. Cook and stir until tomatoes have softened, about 3 minutes.

Add seasoned cauliflower rice, peas, chicken broth, and bay leaves. Bring to a boil.

Reduce to a simmer. Cover and cook for 6 minutes.

Uncover pot. Cook and stir until cauliflower rice is tender, about 4 minutes.

Remove and discard bay leaves. Serve chicken over rice.

MAKES 4 SERVINGS

HG Alternative: Instead of blending 4 cups of roughly chopped cauliflower into rice-sized pieces, use 3 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.

Publish Date: September 19, 2016

Author: Hungry Girl

Copyright © 2020 Hungry Girl. All Rights Reserved.