



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

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

More: [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.

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