



BBQ Chicken & Cauli' Rice Mug



Entire recipe: 308 calories, 10.5g total fat (5g sat. fat), 505mg sodium, 20g carbs, 3g fiber, 13g sugars, 33g protein

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Prep: 5 minutes **Cook:** 5 minutes



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Ingredients

- 1 cup frozen riced cauliflower
- 1 tbsp. chopped fresh cilantro, or more for topping
- 2 tbsp. whipped cream cheese
- 2 tbsp. shredded reduced-fat Mexican-blend cheese, divided
- 1/4 tsp. garlic powder
- 1/4 tsp. onion powder
- 3 oz. cooked and chopped skinless chicken breast
- 1 1/2 tbsp. BBQ sauce

Directions

Place cauliflower and cilantro in a large microwave-safe mug. Cover and microwave for 1 1/2 minutes, or until cauliflower has thawed.

Add cream cheese, 1 tbsp. shredded cheese, garlic powder, and onion powder. Mix until uniform.

In a medium bowl, coat chicken with BBQ sauce. Spoon BBQ chicken over the cauliflower mixture. Top with remaining 1 tbsp. shredded cheese. Microwave for 1 minute, or until hot.

MAKES 1 SERVING

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