



Chicken Enchilada Bowl from Hungry Girl Fast & Easy



This recipe is also featured in [Hungry Girl Fast & Easy: All-Natural Recipes in 30 Minutes or Less!](#)

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Entire recipe: 280 calories, 7g total fat (2.5g sat fat), 511mg sodium, 20.5g carbs, 6g fiber, 8g sugars, 34.5g protein

Green Plan [SmartPoints](#)® value 3*

Blue Plan (Freestyle™) [SmartPoints](#)® value 1*

Purple Plan [SmartPoints](#)® value 1*

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

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Ingredients

1 1/2 cups frozen riced cauliflower
1/4 cup finely chopped onion
1 tsp. taco seasoning
3 oz. cooked and chopped skinless chicken breast
2 tbsp. red enchilada sauce
2 tbsp. shredded reduced-fat Mexican-blend cheese
Optional topping: scallions

Directions

Place cauliflower and onion in a medium microwave-safe bowl. Microwave for 2 minutes, or until cauliflower has thawed and onion has softened. Stir in taco seasoning.

In a separate medium bowl, coat chicken with enchilada sauce. Spoon over veggies, and top with cheese. Microwave for 1½ minutes, or until chicken is hot and cheese has melted.

MAKES 1 SERVING

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[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.)

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