



Chicken Enchilada Stir-Fry



1/2 of recipe (about 1 3/4 cups): 350 calories, 10.5g total fat (5g sat. fat), 772mg sodium, 28g carbs, 8g fiber, 8g sugars, 37.5g protein

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Prep: 5 minutes **Cook:** 10 minutes

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Ingredients

8 oz. raw boneless skinless chicken breast, cut into bite-size pieces
Dash each salt and black pepper
1/2 cup chopped green bell pepper
1/2 cup chopped onion
2 1/2 cups frozen riced cauliflower
1/2 cup fat-free refried beans
1/4 cup red enchilada sauce
3 tbsp. light/reduced-fat cream cheese
1/2 tsp. ground cumin
3 tbsp. shredded reduced-fat Mexican-blend cheese
2 tbsp. chopped fresh cilantro

Directions

Bring a skillet sprayed with nonstick spray to medium-high heat. Add chicken, and season with salt and black pepper. Add bell pepper and onion. Cook and stir until veggies have slightly softened, about 3 minutes.

Mix in cauliflower. Cover and cook for 5 minutes.

Reduce heat to medium. Add refried beans, enchilada sauce, cream cheese, and cumin. Cook and stir until chicken is fully cooked and entire dish is hot, about 2 minutes.

Serve topped with shredded cheese and cilantro.

MAKES 2 SERVINGS

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