



Greek Chicken Power Bowl



Entire recipe: 303 calories, 10.5g total fat (3.5g sat. fat), 740mg sodium, 19.5g carbs, 5.5g fiber, 8g sugars, 33g protein

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Prep: 10 minutes **Cook:** 15 minutes

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Ingredients

1 1/2 cups riced cauliflower (or 2 cups roughly chopped cauliflower)
2 tsp. light Italian dressing
One 4-oz. raw boneless skinless chicken breast cutlet
1/8 tsp. garlic powder
1/8 tsp. dried oregano
Dash each salt and black pepper
1/2 cup chopped seedless cucumber
1/3 cup chopped tomato
2 tbsp. sliced Kalamata or black olives
2 tbsp. finely chopped red onion
2 tbsp. crumbled feta cheese
Optional topping: hummus

Directions

If starting with roughly chopped cauliflower, pulse in a blender until reduced to rice-sized pieces.

Bring a skillet sprayed with nonstick spray to medium-high heat. Cook and stir riced cauliflower until hot and softened, 3 - 5 minutes.

Transfer to a wide bowl. Stir in dressing, and cover to keep warm.

Remove skillet from heat; clean, if needed. Respray, and bring to medium heat. Add chicken, and sprinkle with seasonings. Cook for 4 minutes per side, or until cooked through.

Slice or chop chicken, and add to the wide bowl. Add all remaining ingredients.

MAKES 1 SERVING

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