



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

Green Plan [SmartPoints](#)® value 6*

Blue Plan (Freestyle™) [SmartPoints](#)® value 4*

Purple Plan [SmartPoints](#)® value 4*

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



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

[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.)

*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.