



## Hawaiian Chicken Cauliflower Fried Rice



1/4th of recipe (about 2 cups): 300 calories, 6.5g total fat (1g sat. fat), 716mg sodium, 26g carbs, 6g fiber, 13g sugars, 34g protein

**Prep:** 20 minutes    **Cook:** 40 minutes

More: [Lunch & Dinner Recipes](#), [Four or More Servings](#)



### Ingredients

1 lb. raw boneless skinless chicken breast, pounded to an even thickness  
1/4 tsp. each salt and black pepper  
5 cups roughly chopped cauliflower (about 1 medium head)  
1/2 cup (about 4 large) egg whites or fat-free liquid egg substitute  
2 cups frozen Asian-style stir-fry vegetables  
1 cup bean sprouts  
3/4 cup chopped onion  
1 tbsp. sesame oil  
1 tsp. chopped garlic  
1/2 cup chopped pineapple  
1/2 cup canned water chestnuts, drained and chopped  
1/4 cup thick teriyaki marinade or sauce  
1/4 cup chopped scallions  
Optional seasonings: additional salt and black pepper

### Directions

Preheat oven to 375 degrees. Spray a baking sheet with nonstick spray.

Season chicken with salt and pepper, and lay it on the baking sheet.

Bake until cooked through, about 20 minutes.

Meanwhile, pulse cauliflower in a blender until reduced to rice-sized pieces, working in batches as needed. Transfer to a medium-large bowl.

Chop cooked chicken into bite-sized pieces. Transfer to a large bowl, and cover to keep warm.

Bring an extra-large skillet sprayed with nonstick spray to medium heat. Scramble egg whites/substitute until fully cooked, 3 - 4 minutes, breaking it up into bite-sized pieces. Transfer to the large bowl with the chicken, and re-cover to keep warm.

Remove skillet from heat; clean if needed. Re-spray, and bring to medium-high heat. Add stir-fry veggies, and 1/4 cup water. Cover and cook for 3 minutes, or until thawed.

Add cauliflower rice, bean sprouts, onion, sesame oil, and garlic. Cook and stir until veggies have mostly softened, 6 - 8 minutes.

Add scrambled egg whites/substitute, chicken, pineapple, water chestnuts, and teriyaki sauce. Cook and stir until hot and well mixed, about 2 minutes.

Top with scallions.

MAKES 4 SERVINGS

**Clean & Hungry Tip:** Into clean eating? In this recipe, use fresh egg whites and a natural teriyaki sauce sweetened with cane sugar or agave nectar... [OrganicVille](#) makes some great ones!

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