



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

Green Plan [SmartPoints](#)® value 4*

Blue Plan ([Freestyle](#)™) [SmartPoints](#)® value 2*

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

Tagged: [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!

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.

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