



Salsa Chicken & Cauliflower Rice Skillet



1/2 of recipe (about 3 cups): 330 calories, 6.5g total fat (2g sat. fat), 640mg sodium, 35g carbs, 8.5g fiber, 12g sugars, 38g protein

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Prep: 5 minutes **Cook:** 15 minutes



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Ingredients

8 oz. raw boneless skinless chicken breast, cut into bite-sized pieces
2 1/2 tsp. [taco seasoning](#), divided
5 cups frozen riced cauliflower
1 cup frozen corn
1/4 tsp. garlic powder
1/4 cup salsa, or more to taste
1/4 cup shredded reduced-fat Mexican-blend cheese
Optional toppings: light sour cream, fresh cilantro

Directions

Bring a skillet sprayed with nonstick spray to medium-high heat. Add chicken and 1/2 tsp. taco seasoning. Cook and stir until browned, about 4 minutes.

Mix in cauliflower and corn. Cover and cook for 2 minutes. Uncover, and cook and stir until hot, about 5 minutes.

Add garlic powder and remaining 2 tsp. taco seasoning. Cook and stir until chicken is fully cooked and liquid has reduced, about 4 minutes.

Stir in salsa, and serve topped with cheese.

MAKES 2 SERVINGS

HG FYI: Not all taco seasonings are gluten free, so read labels carefully if that's a concern.

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