



Speedy Teriyaki Chicken Bowl



Entire recipe: 303 calories, 3.5g total fat (0.5g sat. fat), 888mg sodium, 36g carbs, 9.5g fiber, 17.5g sugars, 33.5g protein

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



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Ingredients

2 cups frozen riced cauliflower
1/2 cup shredded carrots, chopped
2 tbsp. chopped scallions, or more for topping
1/2 tsp. garlic powder
1/2 tsp. onion powder
1 dash black pepper
3 oz. cooked and chopped skinless chicken breast
2 tbsp. canned sliced water chestnuts, drained and chopped
1 1/2 tbsp. thick teriyaki marinade or sauce
1/2 tsp. sesame seeds

Directions

Spray a medium microwave-safe bowl with nonstick spray. Add cauliflower and chopped carrots.

Cover and microwave for 2 minutes, or until cauliflower has thawed and carrots have softened. Add scallions and seasonings. Stir well.

In a small bowl, combine chicken, chopped water chestnuts, and teriyaki. Stir to coat.

Add chicken mixture to the bowl of veggies. Microwave for 1 minute, or until hot.

Top with sesame seeds.

MAKES 1 SERVING

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

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